

Okeene High School
Whippet Relays
April 5, 2019

Okeene High School will be hosting their 10th annual High School Boys and Girls Invitational Track and Field Meet on Friday, April 5, 2019. We are very excited about the opportunity to host your athletes and will do our very best to make this a high quality meet. We have a 6 lane reslite track along with an electronic timing system. We have experienced workers at each field event area who will do their very best to accommodate each athlete.

We will follow the State Association regulations and the following will apply:

- Only schools entering class 3A, 2A, and A Regionals may enter.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay.
- Points will be scored 10-8-6-4-2-1 and will double for relays.
- **Five (5) medals will be awarded in each event. We upgraded our 4th & 5th medals this year & will not give team plaques.**
- An entry fee of \$85.00 per division or \$170.00 for both boys and girls teams will be charged. Individuals will be charged \$15.00 up to 4 contestants.

Make checks payable to Okeene Athletics.

- Confirmation of entry should be made by March 27, 2016.
- Only 1/4" or less spikes or flat shoes will be allowed on running or jumping surface. Violation will result in the athlete's disqualification.
- Contestants will be heated on the field for the preliminaries and placed according to time in the finals. Six (6) athletes will qualify for the finals.
- No one other than track athletes will be allowed on the field.
- Coaches will meet at **10:00 a.m.**, Field events will began at **10:30 a.m.**, Preliminaries will began at **11:00 a.m.** We will take a thirty (30) minute break after the 200 meter dash before starting the finals.
- A concession will be open in the fieldhouse area of our sports complex.
- If you have any questions, please contact Patrick Penner at 580-822-3219 (school), 405-323-8384 (cell). Our fax number is 580-822-4123. E-mail ppenner@okeene.k12.ok.us
- Results will be posted at www.ohstrack.com

To receive and confirm entry contact: Patrick Penner

Box 409

Okeene, Okla. 73763

_____ will attend the Whippet HS Relays Track Meet
We will bring: _____ HS Girls _____ HS Boys

_____ Coaches Signature

Okeene High School

**Boys & Girls
Whippet Relays
April 5, 2019**

Order of Events:

Field Events: 10:30 a.m.

Contestants will have three (3) attempts to qualify for the Finals. The top six (6) will advance to the Finals and be awarded an additional three (3) attempts in the long jump, shot put, and discus throw. Please understand if we have a bunch of shot & discus throwers qualifying lines will be used in both events.

Shot Put-----Boys followed by Girls
Discus-----Girls followed by Boys
Long Jump-----Girls followed by Boys
High Jump-----Boys followed by Girls
Pole Vault-----Girls followed by Boys

Preliminaries: 11:00 a.m.

(6 to finals)

400 relay-----Girls, Boys
3200 relay Final-----Girls, Boys
100 hurdles-----Girls
110 hurdles-----Boys
100 dash-----Girls, Boys
3200 run Final-----Boys
800 relay Final-----Girls, Boys
3200 run Final-----Girls
200 dash-----Boys, Girls

Finals:

400 relay-----Girls, Boys
800 run-----Girls, Boys
100 hurdles-----Girls
110 hurdles-----Boys
100 dash-----Girls, Boys
400 dash-----Girls, Boys
300 hurdles-----Girls, Boys
200 dash-----Girls, Boys
1600 run-----Girls, Boys
1600 relay-----Girls, Boys