

# Oologah HS/MS Track Invitational

DATE: SATURDAY, MARCH 30th 2019  
TIME: COACHES MEETING 9:00AM  
FIELD EVENTS 9:30AM  
RUNNING EVENTS 10:00AM  
COST: \$80.00/TEAM \$480 FOR ALL SIX DIVISIONS  
\$15.00/INDIVIDUAL

DIVISIONS: THERE WILL BE SIX DIVISIONS.

HS BOYS, HS GIRLS, 8<sup>th</sup>BOYS, 8<sup>th</sup> GIRLS, 7<sup>TH</sup> BOYS AND 7<sup>TH</sup> GIRLS  
PARTICIPATION: EACH SCHOOL IS LIMITED TO THREE PARTICIPANTS PER EVENT.  
PARTICIPANTS MAY ENTER NO MORE THAN FOUR EVENTS. STARTING BLOCKS  
WILL BE PROVIDED AND SPIKES SHOULD BE ¼” OR SHORTER.  
OSSAA RULES APPLY.

SEND ENTRY FEES TO: OOLOGAH-TALALA ATHLETICS  
OOLOGAH HIGH SCHOOL  
ATTN: BRADY DESPAIN, ATHLETIC DIRECTOR  
10700 S. HWY 169  
OOLOGAH, OK 74053

## LIMIT 15 TEAMS

AWARDS: MEDALS TO THE TOP 3 PERFORMERS IN EACH EVENT.  
PLAQUES TO THE TOP 2 TEAMS IN EACH DIVISION

LOCATION: OOLOGAH HIGH SCHOOL (MUSTANG STADIUM)  
10700 S. HWY 169, OOLOGAH, OK 74053

ATHLETIC DIRECTOR: BRADY DESPAIN

MEN'S TRACK COACH: SCOTT DOSS

PHONE: 918-260-3309

EMAIL: [scott.doss@oologah.k12.ok.us](mailto:scott.doss@oologah.k12.ok.us)

\*Restrooms and Concessions will be available.

\*There will be a Coaches Hospitality Room.

## **ON-line Entries - - - [www.enduroussa.com](http://www.enduroussa.com)**

PLEASE EMAIL OR CALL BY MARCH 1<sup>ST</sup> TO LET ME KNOW IF YOU WILL BE ATTENDING.

ATTENTION COACHES: the On-line Entry DEADLINE for our meet is **March 29th @ 6pm (Friday)**.  
(((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit  
entries on the ENDURO USA™ website by completing ALL the necessary steps on the “**ENTRIES Window**”.  
If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually  
by our timing crew at the meet. - - - NO exceptions this year.

- - - Please log into your ENDURO USA™ account at: [www.enduroussa.com](http://www.enduroussa.com)

**--- NEW ---**

**PREVIEW window:** Immediately before you depart for our meet, please view our meet's  
PREVIEW window for any last minute changes that effect the meet.

To find our meet's PREVIEW window, click on our meet in the “Student Meets and Events LIST”  
(on the right side of the window) after you log into your account.

# **ORDER OF EVENTS**

## **Field Events**

9:30 a.m.

High Jump	7G-8G-HSG-7B-8B-HSB
Long Jump	7B-8B-HSB-7G-8G-HSG
Shot	8G-7G-HSB-8B-7B-HSG
Discus	8B-7B-8G-7G-HSG-HSB
Pole Vault	8B-8G-HSG-7B-7G-HSB

## **Timed Finals**

10:00 a.m.

400 Relay	7G-8G-HSG-7B-8B-HSB
3200 Relay	7G-8G-HSG-7B-8B-HSB
100 Hurdles	7G-8G      30"
100 Hurdles	HSG        33"
110 Hurdles	7B-8B      33"
110 Hurdles	HSB        39"
3200 Run	HSB
800 Run	7G-8G-HSG-7B-8B-HSB
800 Relay	7G-8G-HSG-7B-8B-HSB
100 Dash	7G-8G-HSG-7B-8B-HSB

## **Break**

**20 MINUTES IF NEEDED**

3200 Run	HSG
400 Dash	7G-8G-HSG-7B-8B-HSB
300 Hurdles	7G-8G-HSG-7B-8B-HSB
200 Dash	7G-8G-HSG-7B-8B-HSB
1600 Run	7G-8G-HSG-7B-8B-HSB
1600 Relay	7G-8G-HSG-7B-8B-HSB

***THANKS FOR YOUR PARTICIPATION!  
PLEASE CLEAN UP YOUR CAMP AREA.***