



TAHLEQUAH JR HIGH TRACK MEET



March 7th, 2019 • Tahlequah High School

Please read this information carefully and email to confirm your entry.
ogdend@tahlequahschools.org - OR- millere@tahlequahschools.org

Tahlequah High School welcomes you to our annual JR High Track Meet to be held at our eight lane all-weather track facility located east of the high school. The meet will be a timed finals event with schedule enclosed.

Entry Deadline: All entries are **DUE** by **Wednesday March 6th, 6:00pm**. - - - No exceptions this year.
Entry Procedure: This is a "Roster Entries" meet. (seed times / marks do not need to be entered online)
Enter online at: ENDUROUSA.COM Phone or faxed entries will not be accepted. If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website (www.endurousa.com). After you set up your new account, you must UPGRADE your account to "Coach of Record (school meets)". To find the "Upgrade" window, click on your name at the top of the window. After you upgrade, click on "My Roster List" in the left navigation panel and continue. - - - If you need assistance with your ENDURO USA™ account, please contact Kevin McWatters by messaging him through the message feature within your ENDURO USA™ account (found in the left navigation panel).
NEW THIS SEASON: coaches --- be sure to visit our meet's "PREVIEW" window immediately before departing for our meet for any last minute information that could affect our meet. To find our meet's "PREVIEW" window, click on our meet (within your ENDURO USA™ account. - - - The next window that opens is our meet's "PREVIEW" window.

Entry Fee: \$75 per team, per gender (\$75 for girls, \$75 for boys), \$7 per individual if less than 4 members on team. No Refunds. Checks made out to Tahlequah Athletics and mail payment or bring check the day of the race. Mailing Address
Tahlequah Athletics
591 Pendleton
Tahlequah, OK 74464

Time: Coaches Meeting @ 9:30 - Field Events @ 10:00 - Running Events @ 10:00.

Coaches Mtg: Coaches will receive a packet with their printed rosters and competition numbers for each athlete. The athlete should have their competition number written on their right hand in permanent marker throughout the competition as they will need it to check in for events.

Check In: Athletes in lane running events will need to check in at the white track building at the west end of the track at least 30min before their event. Athletes in non-lane running events (3200 Relay, 800, 1600, 1600 Relay) will check in at the start line. Athletes who have not checked in will not be added into the field for that event. Field event athletes will check in at their sites.

Weigh In: All implements **MUST** be weighed in prior to the competition. Weigh in will be in the white track building.

Divisions: There will be six (6) divisions, 7th Boys & Girls, 8th Boys & Girls, 9th Boys & Girls.

Team Points: Awarded to first through sixth place 10-8-6-4-2-1 in individual events and relays 20-16-12-8-4-2.

Awards: Awarded to first, second & third places in all events. - - - Awarded to first place team in each division.

Limitations: Each contestant will be limited to four events including relays. Each school will be limited to **THREE** entries in individual events and one entry in relay events. There will be no "B" teams.

Equipment: Blocks will be provided. ¼ inch spikes or shorter required.

There will be a coaches feed. The time for that break will be announced at the coaches meeting. Looking forward to seeing you here and if you have any questions please give me a call or email me. --- **OSSAA Rules Apply**

Don Ogden
Head Track Coordinator
Cell – 918.207.9368
Email- ogdend@tahlequahschools.org
Athletic Director - 918.458.4154



TAHLEQUAH JR HIGH TRACK MEET

March 7th, 2019 • Tahlequah High School



MEET SCHEDULE

FIELD EVENTS – 10:00 a.m.

High Jump	7B,8B,9B,7G,8G,9G
Long Jump	7G,8G,9G,7B,8B,9B
Shot Put	7G,8G,9G,7B,8G,9B
Discus	9B,8B,7B,9G,8G,7G
Pole Vault	All Boys – All Girls

TIMED FINALS MEET – 10:00 a.m.

All events will be run 7G,8G,9G,7B,8B,9B unless otherwise noted.

We will operate on a rolling schedule, times listed are approximate start times

10:00	3200 METER RELAY	G + B will run together by grade
10:30	100 METER HURDLES	
10:45	110 METER HURDLES	
11:00	100 METER DASH	
11:30	800 METER RELAY	
12:00	800 METER RUN	
12:25	400 METER RELAY	
12:55	400 METER DASH	
1:30	300 METER HURDLES	
1:55	200 METER DASH	
2:15	1600 METER RUN	G + B will run together by grade
2:40	1600 METER RELAY	

- All athletes have been assigned a competitor number. Athletes shall write their competitor number on his or her right hand, which will be used during the event check-in process.
- Athletes in lane running events need to check in at the west end of the track 30 minutes prior to their event(s).
- Athletes in non-lane running events will report to the start finish line, they will not need to check in prior to their event.
- Field event athletes will check in at the event site(s).
- Coaches will need to get a meal ticket from Coach Frank. Meals can be picked up anytime from the concession stand.
- Results will be posted within 15min of the final heat of an event, after all divisions have completed. Results will be posted behind the press box.