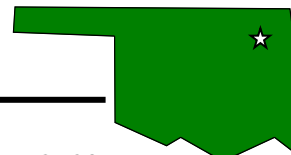




# Inola Middle School



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*Jeff Unrau- Middle School Principal*

*Patrick Mullen- Assistant Principal*

*Kim Mizera*

*Secretary*

*543-2434*

*Amanda Bullard*

*Secretary*

*543-3105*

*Jamee Combs*

*Counselor*

*543-3103*

## **INVOICE**

### **Inola Middle School Invitational Track Meet**

**Tuesday, April 14, 2020**

**Time:**

**Coaches meeting - 9 am;**

**Field events - 9:30 am; Running events - 10 am**

**Divisions:**

**7<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, 8<sup>th</sup> Boys (All Timed Finals)**

This is a "ROSTER ENTRY" meet. Schools planning to attend must submit their entries on [www.enduroussa.com](http://www.enduroussa.com). **The ENTRY DEADLINE for this meet is 5:00pm the day before the meet.** Teams will NOT be added at the meet.

**Medals:**

**1<sup>st</sup> through 5<sup>th</sup> place on individual events.**

**Relays – 1<sup>st</sup> through 3<sup>rd</sup> place. (No team trophies but points will be kept.)**

**Entry Fee:**

**\$80.00 per Team / \$12.00 per Individual (1-3 athletes)**

**Please mail entry prior to the meet OR BRING THE DAY OF THE MEET. No refunds.**

**Please make checks payable to:**

**Inola Public Schools**

**P.O. Box 819**

**Inola, OK 74036**

**Attention: Coach Andrews**

**Limitations:**

**Each school is limited to one (1) relay team per event.**

**Each school is limited to three (3) competitors per event.**

**Each contestant is limited to four (4) events, including relays & field events.**

**Starting blocks will be provided for all contestants.**

**¼" spikes or shorter are required.**

**NO team camps on the infield please.**

**Lunch Break:**

**Lunch will be provided for coaches & workers.**

**(We will need a coaches count a week before the meet.)**

**OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY**

**Coach Kanella Andrews – 918-636-2444**

**Coach Travis Bryant – 918-520-4809**

# Inola M\$ Invitational Track Meet



## Order of Events

### Coaches Meeting 9 am

### Running Events – Begin at 10 am

***\*Unless noted the order will be 7G, 8G, 7B, 8B***

1. 400 M Relay

2. 3200 M Relay

3. 100 M Hurdles - Girls

4. 110 M Hurdles - Boys

5. 800 M Relay

6. 800 M Run

7. 100 M Dash

\*\*\*\*BREAK\*\*\*\*

8. 400 M Dash

9. 300 M Hurdles

10. 200 M Dash

11. 1600 M Run

12. 1600 M Relay

### Field Events – Begin at 9:30 am

High Jump: 7B, 8B, 7G, 8G

Long Jump: 8G, 7G, 8B, 7B

Shot Put: 8B, 8G, 7B, 7G

Discus: 7G, 7B, 8G, 8B

Pole Vault: G-B

**Just a reminder:** OSSAA rules apply. Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. All implements must be marked with appropriate weights.