

OKEMAH 6TH ANNUAL HIGH SCHOOL TRACK MEET

Dear Track Coach:

We are pleased to announce our Okemah 6th Annual High School Track Meet. Our eight lane track has a top of the line polyurethane surface and it will provide an opportunity to produce excellent performances by your team members. Consider this our sincere invitation to you and your team to attend our meet. This meet will be run as timed finals.

The details of the Okemah 6th Annual High School Track Meet are as follows:

Date: Friday, April 3th, 2020

Class: 4A schools and below

Division: Two-Varsity Boys and Girls

Participation: Each event will be limited to three participants from each team. Each contestant may enter no more than four events. Spike length should be ¼" or shorter. Starting blocks will be provided.

Online Entry Process: the On-line Entry DEADLINE for our meet is **Thursday, April 2nd @ 6pm.**

((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit their 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. You must "**VERIFY**" your entries on the "ENTRIES window. If you need assistance with your "ENDURO" acct, contact Kevin McWatters directly at: kevin@runenduro.com

- - - Please log into your ENDURO USA™ account at: **www.enduroussa.com**

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.

Time: Coaches meeting will be held at 9:00 A.M. with field events starting promptly at 9:30 A.M. and running events at 9:45 A.M.

Entry Fee: The entry fee is \$90.00 per team. If four or less athletes, then the entry fee is \$15.00 per contestant. Checks payable to Okemah High School.

Hospitality: Coaches' lunch will be provided

Tents: All camps will be located south of the track on the outside of the fence.

Parking: Buses: South of Panther Dome.

Awards: A custom medal for the first three places in the relays and a custom medal for the top five finishers in each of the individual events.

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

For additional information call: Joe Turner-918-623-6623(c) or Leon Hurst 918-268-4032

ORDER OF EVENTS

TIMED FINALS - 9:45 A.M.

400 METER RELAY G-B

3200 METER RELAY G-B

100 METER HURDLES (33") G

110 METER HURDLES (39") B

3200 METER RUN B

800 METER RELAY G-B

800 METER RUN G-B

100 METER DASH G-B

PROPOSED BREAK-30 MINUTES

3200 METER RUN G

400 METER RUN G-B

300 METER HURDLES (30") G

300 METER HURDLES (36") B

200 METER DASH G-B

1600 METER RUN G-B

1600 METER RELAY G-B

FIELD EVENTS - 9:30 A.M.

SHOT G-B

DISCUS B-G

HIGH JUMP G-B

LONG JUMP B-G

POLE VAULT B-G