

Oologah HS/MS Track Invitational

DATE: SATURDAY, MARCH 28th 2020 ----- **OSSAA RULES APPLY.**
TIME: COACHES MEETING 9:00AM ----- ATHLETIC DIRECTOR: BRADY DESPAIN)

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

MEN'S TRACK COACH: **SCOTT DOSS**

PHONE: 918-260-3309

EMAIL: scott.doss@oologah.k12.ok.us

All entries are online – on the ENDURO USA™ website. - - - www.endurousa.com - - -
Our on-line Entry DEADLINE is **Friday, March 27TH @ 6pm**. All entries will be **CLOSED** at 6pm!
No late entries accepted. - You must complete ALL the steps on our meet's "**ENTRIES Window**" –
including the "**VERIFICATION**" step. If your team/school does not complete all the steps - - -
including the "**VERIFICATION**" step, your school/team will not be entered – and - can NOT be
entered manually by our timing crew at the meet. - **NO exceptions.** - - - If you need assistance
with your ENDURO USA™ account contact Kevin McWatters at: kevin@runenduro.com

PREVIEW window: Immediately before departing for our meet, please view our meet's PREVIEW window for last minute changes that could affect the meet. To find our PREVIEW window, click on our meet (on the right side of the window) after logging into your account.

COST: \$80.00/TEAM \$480 FOR ALL SIX DIVISIONS
\$15.00/INDIVIDUAL

DIVISIONS: THERE WILL BE SIX DIVISIONS.
HS BOYS, HS GIRLS, 8thBOYS, 8th GIRLS, 7TH BOYS AND 7TH 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.

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

*Restrooms and Concessions will be available. *There will be a Coaches Hospitality Room.

ORDER OF EVENTS

TIME: COACHES MEETING 9:00AM
FIELD EVENTS 9:30AM
RUNNING EVENTS 10:00AM

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 AND
PLEASE CLEAN UP YOUR CAMP AREA.***