

# *Cherokee Strip Conference*

## Track Meet

**Divisions:** JH GIRLS      HS GIRLS  
                  JH BOYS      HS BOYS

**Date / Time:**      **March 30th**                      **9:30am Coaches Meeting**  
   **10:00am Field Events**  
   **11:00am Running Events**

**Online Entries:** See [Online Entry](#) information on second page of this flyer.

### Event Schedule:

**10:00am**

Long Jump	HS Boys, JH Boys, HS Girls, JH Girls
High Jump	JH Girls, HS Girls, JH Boys, HS Boys
Pole Vault	JH Girls, HS Girls, JH Boys, HS Boys
Shot Put	HS Boys, HS Girls, JH Boys, JH Girls
Discus	HS Girls, HS Boys, JH Girls, JH Boys

**11:00am**

400m Relay	JH Girls, HS Girls, JH Boys, HS Boys
3200m Relay	JH Girls, HS Girls, JH Boys, HS Boys
100 Hurdles	JH Girls, HS Girls
110 Hurdles	JH Boys, HS Boys
100 Meters	JH Girls, HS Girls, JH Boys, HS Boys
3200 Meters	HS Boys
800m Relay	JH Girls, HS Girls, JH Boys, HS Boys
3200 Meters	HS Girls

< Proposed Break TBA >

800 Meters	JH Girls, HS Girls, JH Boys, HS Boys
400 Meters	JH Girls, HS Girls, JH Boys, HS Boys
300 Hurdles	JH Girls, HS Girls, JH Boys, HS Boys
200 Meters	JH Girls, HS Girls, JH Boys, HS Boys
1600 Meters	JH Girls, HS Girls, JH Boys, HS Boys
1600m Relay	JH Girls, HS Girls, JH Boys, HS Boys

## ON-LINE ENTRY INFORMATION:

Our On-line Entry DEADLINE is **Monday, March 29th @ 5pm**. (((The meet will be CLOSED at 6pm!))) **No late entries accepted.** - Schools attending must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on the meet's "ENTRIES Window" – including the VERIFICATION Step. If your team/school does not complete ALL the necessary steps on the Entries Window, your school/team can NOT be entered manually by our timing crew at the meet. Roster Entries only. (Seed times not needed.) Races will be heated at the meet. If you need help with your ENDURO USA™ account contact Kevin McWatters at: kevin@runendruo.com

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

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet (on the right side of the window).

## Event Assignments:

High Jump	Timberlake
Long Jump	Lomega
Pole Vault	DCLA
Discus	Kremlin-Hillsdale
Shot	Medford
Exchange Zones	Burlington & Ringwood
Timing	Cherokee

*Entries are due online by March 29th at 5:00 pm.*

Questions contact Jeremy Hickman: [hickmanj@cherokee.k12.ok.us](mailto:hickmanj@cherokee.k12.ok.us)  
or by cell at 580-884-0024.

OSSAA rules and scoring apply. Short spikes only: 1/8 & 1/4 Pyramid spikes.