



Inola Middle School

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Jeff Unrau- Middle School Principal

Patrick Mullen- Assistant Principal

Kim Mizera

Amanda Bullard

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Secretary

Secretary

Counselor

918-543-2434

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918-543-3103

INVOICE

Inola 5th/6th Grade Track Meet

Wednesday, April 14, 2021

- Time:** **Coaches meeting - 9 am;**
Field events - 9:30 am; Running events - 10 am
- Divisions:** **5th Girls, 6th Girls, 5th Boys, 6th Boys (All Timed Finals)**
- Medals:** **1st through 5th place on individual events.**
Relays – 1st through 3rd place. (No team trophies but points will be kept.)
- Entry Fee:** **\$80.00 per Team**
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
kandrews@inola.k12.ok.us
- 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.
Concessions will be available.
- No Lunch Break:** **Coaches will be given a ticket for the concession.**

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY
Coach Travis Bryant – 918-520-4809 * Coach Kanella Andrews – 918-636-2444

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Order of Events

Coaches Meeting 9 am

Running Events – Begin at 10:15 am

1. 1600 M Run
2. 4 x 100 Relay
3. 400 M Dash
4. 100 M Dash
5. 800 M Run
6. 200 M Dash
7. 4 x 400 Relay

Field Events – Begin at 9:30 am

High Jump: 6G 6B 5G 5B

Shot Put: 5B 6G 6B 5G (a 6 lb shot will be used)

Discus: 6B 5G 5B 6G

Long Jump: 5G 5B 6G 6B

Coaches: We ask that NO MORE than 4 athletes per field event.