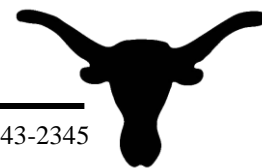




Inola High School



P.O. Box 789

801 E. Commercial

Inola, OK 74036

PHONE 918-543-2404

FAX 918-543-2345

Paul Gruenberg, High School Principal

Heather Ellis, High School Assistant Principal {918-543-3116}

Sharla Harris

Denise Jones

Kristie Turner

High School Counselor
918-543-3128

High School Secretary
918-543-3132

High School Secretary
918-543-1552

INVOICE

Inola High School Invitational Track Meet

Class 4A and Below - Friday, April 16, 2021

Time: Coaches meeting - 9 am; Field events - 9:30 am; Running events - 10 am

Divisions: High School Girls, High School Boys (All Timed Finals – “Roster Only” entries)

This is a “ROSTER ENTRY” meet. Schools planning to attend must submit their entries on 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:

1st through 5th place (No team trophies but points will be kept.)
Relays 1st thru 3rd place.

Entry Fee:

\$100.00 per Division / \$15.00 per Individual (1-3 athletes)

Please mail entry fee 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.

PLEASE....DO NOT USE TAPE ON THE TRACK.

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 Travis Bryant – 918-520-4809

Coach Kanella Andrews – 918-636-2444

Inola Public School is an Equal Opportunity Employer

Inola HS Invitational Track Meet



Order of Events

Coaches Meeting 9 am

Running Events – Begin at 10 am

1. 400 M Relay G-B
2. 3200 M Relay G-B
3. 100 M Hurdles G
4. 110 M Hurdles B
5. 3200 M Run G/B
6. 800 M Relay G-B
7. 800 M Run G-B
8. 100 M Dash G-B

******BREAK******

9. 400 M Dash G-B
10. 300 M Hurdles G-B
11. 200 M Dash G-B
12. 1600 M Run G-B
13. 1600 M Relay G-B

Field Events – Begin at 9:30 am

High Jump: B-G

Long Jump: G-B

Shot Put: B-G

Discus: G-B

Pole Vault: B-G

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.