

OKEMAH 7TH ANNUAL HIGH SCHOOL TRACK MEET

Dear Track Coach:

We are pleased to announce our Okemah 7th 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 7th Annual High School Track Meet are as follows.

DATE: Friday, April 2nd, 2021

Class: 4A schools and below

Divisions: Two - - - Varsity Boys and Girls

ONLINE ENTRIES: the *Entry DEADLINE* for our meet is April 1ST (Thursday) @ 6pm. (No exceptions.)

All entries will be *CLOSED* at 6pm! No late entries accepted. ALL of the steps on our meet's "Entries Window" must be completed – including the VERIFICATION Step. If your team/school does not complete ALL steps on our meet's "Entries Window" (including the VERIFICATION Step), it means your students are NOT ENTERED.

NOTE: your school/team will NOT be entered manually by our timing crew at the meet. - - - If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last-minute changes that affect the meet. To find our meet's PREVIEW window, log into your ENDURO USA™ account – then click on our meet in the "Student Meets and Events LIST", on the right side of the window. Or, click on our meet from your "Main Roster" window (boys or 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 $\frac{1}{4}$ " or shorter. Starting blocks will be provided.

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

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) School: 918-623-1874 Ext. 216
or call: 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