

# HK TRACK

## Henryetta High School

Henryetta, OK

DEAR COACH(ES):

Henryetta High School will be holding our Annual Henryetta Black Gold Relays, April 8<sup>TH</sup>, 2022.

The meet is now open to all schools, but we will only be accepting the first 15 teams that RSVP. Please RSVP to [tgillispie@henryetta.k12.ok.us](mailto:tgillispie@henryetta.k12.ok.us)

We will medal 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all events including relays and award a championship trophy for the winning girl's and boy's team.

Entry fees are \$90.00 per team.

Yes, we would like to attend \_\_\_\_\_

Boys Team \_\_\_\_\_ Girls Team \_\_\_\_\_

No, we will not be attending \_\_\_\_\_

School \_\_\_\_\_ Phone \_\_\_\_\_

Coach(es) \_\_\_\_\_ Phone \_\_\_\_\_

Email for confirmation \_\_\_\_\_

Coach Gillispie, Head Track Coach (918) 906-7783

# HK TRACK

## BLACK GOLD RELAYS

### ORDER OF EVENTS

Coaches Meeting – 9:00

Field Events – 9:30

Running Events 10:00

400 Meter Relay	Girls – Boys
3200 Meter Relay	Girls – Boys
Distance Medley	Girls (1200-400-800-1600)
800 Meter Relay	Girls – Boys
BREAK	
Distance Medley	Boys (1200-400-800-1600)
Sprint Medley	Girls – Boys (200-200-400-800)
1500 Meter Run	Girls – Boys
1600 Meter Relay	Girls – Boys

### FIELD EVENT ORDER

Shot Put	Girls – Boys
Discus	Boys – Girls
High Jump	Boys – Girls
Long Jump	Girls – Boys
Pole Vault	Boys – Girls

**\*\*ALL EVENTS ARE TIMED FINALS\*\***

# HK TRACK

## Henryetta Middle School

Henryetta, OK

DEAR COACH(ES):

Henryetta Middle School will be hosting our Annual Henryetta Middle School Relays Meet, April 8<sup>th</sup>, 2022.

The meet is now open to all schools, but we will only be accepting the first 15 teams that RSVP. Please RSVP to [tgillispie@henryetta.k12.ok.us](mailto:tgillispie@henryetta.k12.ok.us)

We will medal 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all events including relays and award a championship trophy for the winning girl's and boy's team. There will be a 7<sup>th</sup> grade division and an 8<sup>th</sup> grade division.

Entry fees are \$80.00 per team.

Yes, we would like to attend \_\_\_\_\_

Boys Team \_\_\_\_\_ Girls Team \_\_\_\_\_

No, we will not be attending \_\_\_\_\_

School \_\_\_\_\_ Phone \_\_\_\_\_

Coach(es) \_\_\_\_\_ Phone \_\_\_\_\_

Email for confirmation \_\_\_\_\_

Coach Gillispie, Head Track Coach (918) 906-7783

# HK TRACK

Middle School Relays Meet

ORDER OF EVENTS

Coaches Meeting – 9:00

Field Events – 9:30

Running Events 10:00

7<sup>th</sup> & 8<sup>th</sup> Grade Divisions

400 Meter Relay	Girls – Boys (7,8)
3200 Meter Relay	Girls – Boys (7,8)
Mid Distance Medley	Girls (400-200-600-800) (7,8)
800 Meter Relay	Girls – Boys (7,8)
BREAK	
Mid Distance Medley	Boys (400-200-600-800) (7,8)
Sprint Medley	Girls – Boys (200-200-400-800) (7,8)
1600 Meter Relay	Girls – Boys (7,8)

FIELD EVENT ORDER

Shot Put	Girls – Boys (7,8)
Discus	Boys – Girls (7,8)
High Jump	Boys – Girls (7,8)
Long Jump	Girls – Boys (7,8)
Pole Vault	Boys – Girls (7,8)

**\*\*ALL EVENTS ARE TIMED FINALS\*\***