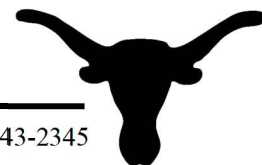




Inola High School



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
High School Counselor
918-543-3128

Denise Jones
High School Secretary
918-543-1552

Aubrae Winkler
High School Secretary
918-543-3132

INVOICE

Inola High School Invitational Track Meet

Class 4A and Below - Friday, April 22, 2022

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.endurousa.com. **The ENTRY DEADLINE for this meet is 5:00pm the day before the meet.** Teams will NOT be added at the meet. Complete ALL of the steps on the "Entries Window". If you need help with your ENDURO USA™ account, please email your questions to: kevin@runenduro.com or message Kevin through your ENDURO USA™ account.

Medals:

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

Entry Fee:

\$110.00 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 Kanella Andrews – 918-636-2444

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.