

North Canadian River
Invitational JH Track Meet
Okemah High School
April 14th, 2022

On behalf of the Weleetka & Wetumka Public School systems, we extend to you and your teams a sincere invitation to participate in the 3RD annual North Canadian River Relays Track Meet. Weleetka & Wetumka will be hosting a 3A & below track meet at Okemah High School. We will be competing in an incredible new facility with an 8 lane all- weather track. The meet will be run as timed finals. Note: We have two divisions; 7th grade boys and girls & 8th grade boys and girls. If a participant is running in relay, he or she can run up with 8th grade but not down.

Entry Fee: \$70 for each boys and girls team: \$15 per individual if less than (4) members. Make checks payable to Weleetka Public School.

Divisions: There will be (4) divisions; 7th grade girls and boys and 8th grade girls and boys. Class 3-A and below school only based on OSSAA ADM.

Time: All teams should report to the track by 9:30am for coaches meeting. Field events will start at 10:00am. Running events will begin at 10:30am.

Limitations: Each contestant is limited to (4) events. Each school is limited to (3) entrants in each event. (4) Throws will be given to each contestant in the shot and discus and (4) jumps in the long jump. (No team camps will be allowed infield.)

Awards: Trophies will be awarded to 1st and 2nd place teams in both divisions. Medals will be awarded to the 1st-3rd place finishers in all events.

Scoring: Awarded to the 1st-6th places, 10-8-6-4-2-1 for individuals, relays will be double.

Equipment: ¼ in or shorter, spikes are required. No spikes worn on the football field.

OSSAA RULES APPLY

Weleetka Athletic Director
Tony Hawkins
School (405)786-2203
Cell (918)944-0076
Johnie Loggins
Cell(580)235-2505

Wetumka Athletic Director
Brent McGee
School(405)452-5150
Cell (405)380-4971

Weleetka Track Coach
Tristan Garringer(B)
School(405)486-2203
Cell(405)880-3160
Johnie Loggins (G)
Cell(580)235-2505

Wetumka Track Coach
Ben Allford
School(405)452-5150

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Tuesday, April 14th, 2022

Order of Events

Running Events
Begin at 10:30am

400 Relay	Girls, Boys
3200m Relay	Girls, Boys
100m Hurdles	Girls
110 m Hurdles	Boys
3200m Run	Boys
800m Relay	Girls
800m Run	Girls, Boys
100m Dash	Girls, Boys
3200m Run	Girls
400m Dash	Girls, Boys
300m Hurdles	Girls, Boys
200m Dash	Girls, Boys
1600m Run	Girls, Boys
1600m Relay	Girls, Boys

Field Events
Begin at 10:00am

High Jump	Girls, Boys
Long Jump	Boys, Girls
Discus	Girls, Boys
Shot	Boys, Girls
Pole Vault	Girls, Boys