

HK TRACK

Henryetta High School

Henryetta, OK

DEAR COACH(ES):

Henryetta High School will be holding our Annual Henryetta Black Gold Relays, April 7TH, 2023.

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

We will medal 1st, 2nd and 3rd 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, \$10.00 per individual; checks payable to Henryetta Public Schools

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 7th, 2023.

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

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

Entry fees are \$80.00 per team; \$10.00 per individual; checks payable to Henryetta Public Schools

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

7th & 8th 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****