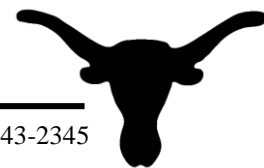




# Inola High School



P.O. Box 789

801 E. Commercial Inola, OK 74036 PHONE 918-543-2404 FAX 918-543-2345

**Heather Ellis, High School Principal**

**TJ Helling, High School Assistant Principal {918-543-3116}**

Sharla Harris

Aubrae Winker

Amber Ball

High School Counselor  
918-543-3128

High School Secretary  
918-543-1552

High School Secretary  
918-543-3132

## **INVOICE**

**Inola High School Invitational Track Meet**

**By Invitation only**

**Class 4A and Below - Friday, April 21, 2023**

**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.enduroussa.com](http://www.enduroussa.com). *The ENTRY DEADLINE for this meet is 5:00pm the day before the meet.* Teams will NOT be added at the meet.**

**Medals:**

**1<sup>st</sup> through 4<sup>th</sup> place** (No team trophies but points will be kept.)  
Relays 1<sup>st</sup> thru 3<sup>rd</sup> 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 Public School is an Equal Opportunity Employer

# 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.