

METRO LAKES CONFERENCE
2023 TRACK AND FIELD CHAMPIONSHIPS
Tahlequah High School
Junior High 7th and 8th: Thursday, April 27th 9:30am
High School and 9th: Friday, April 28th 9:30am

On behalf of Tahlequah Public Schools we would like to welcome you and your athletes to the 2023 Metro Lakes Conference Track and Field Championships.

ATTENTION COACHES: the On-line Entry DEADLINE is: **the day before the meet @ 1pm** (((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the **“ENTRIES Window”** – including the **“Verification Step”**. If the “Verification Step” is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: www.endurosa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

Coaches Meeting at 9:00am at the Heating Area.

Conference Workers Schedule

Timing system- **Tahlequah** HJ – **Claremore** PV - **Grove** LJ – **Glenpool**

Shot – **Coweta** Discus – **Pryor**

Exchange 1 – **Skiatook** Exchange 2 - **Collinsville** (4X1 and 4X2) Exchange 3 – **Pryor**

Metro Lakes Conference High School Schedule of Events

Coaches Meeting 9:00 am, Field Events 9:30 am

High Jump- 9B, HSB, 9G, HSG

Long Jump- HSB, 9B, HSG, 9G,

Shot- HSG, 9G, HSB, 9B

Discus- HSB, 9B, HSG, 9G

Pole Vault- 9G, HSG, 9B, HSB

High School Minimum Measurements/Opening Heights

Shot (Boys) 9th- 35' HS- 40' (Girls) 9th- 25' HS- 25'

Discus (Boys) 9th- 80' HS- 110' (Girls) 9th- 60' HS- 80'

High Jump (Boys) 9th- 4'10" HS- 5'6" (Girls) 9th- 4'4" HS- 4'6"

Pole Vault (Boys) 9th- 8' HS- 10' (Girls) 9th- low HS- 7'

Timed Finals 10:00am

400 Relay 9-HS Girls, 9-HS Boys

3200 Relay All Girls, All Boys

100 Hurdles 9-HS Girls (9-HS 33in)

110 Hurdles 9-HS Boys (9-36 in, HS 39in)

3200 Run All Girls, All Boys

800 Relay 9-HS Girls, 9-HS Boys

800 Run 9-HS Girls, 9-HS Boys

100 M Dash 9-HS Girls, 9-HS Boys

400 M Dash 9-HS Girls, 9-HS Boys

300 M Hurdles 9-HS Girls, 9-HS Boys

200 M Dash 9-HS Girls, 9-HS Boys

1600 Run 9-HS Girls, 9-HS Boys

1600 Relay 9-HS Girls, 9-HS Boys

Metro Lakes Conference

Junior High Order of Events

Coaches Meeting 9:00am Field Events 9:30am

High Jump 7G, 8G, 7B, 8B Long Jump 7B, 8B, 7G, 8G

Shot 7G, 8G, 7B, 8B Discus 7B, 8B, 7G, 8G

Pole Vault 7G, 8G, 7B, 8B

Minimum Measurements/Opening Heights

Shot (Boys) 7- 25' 8- 30' (Girls) 7- 20' 8- 20'

Discus (Boys) 7- 70' 8- 80' (Girls) 7- 50' 8- 60'

High Jump (Boys) 7- 4'6" 8- 4'8" (Girls) 7- 4' 8- 4'2"

Pole Vault (Boys) 7- 6' 8- 7' (Girls) 7- low' 8- low

Timed Finals 10:00am

400 RELAY 7G, 8G, 7B, 8B

3200 RELAY 7G, 8G, 7B, 8B

100 H 30" 7G, 8G

110 H 30" 7B, 8B

800 RELAY 7G, 8G, 7B, 8B

800 RUN 7G, 8G, 7B, 8B

100 M DASH 7G, 8G, 7B, 8B

400 M DASH 7G, 8G, 7B, 8B

300 H 30" 7G, 8G, 7B, 8B

200 M DASH 7G, 8G, 7B, 8B

1600 RUN 7G, 8G, 7B, 8B

1600 RELAY 7G, 8G, 7B, 8B