



TRACK & FIELD MEET OF CHAMPIONS

Tuesday, May 16, 2023
>>>>North Rock Creek HS<<<<
Shawnee, OK

All entries will be online on the www.endurousoa.com website. All entries must include State Meet results ONLY, no exceptions.

State Champions & Runner-Ups from each class and event (including relays) are automatically qualified to compete in the OCCTCA Track & Field Meet of Champions. *Please enter your 1st or 2nd athletes, or relays in the Automatic Qualifier meet.*

Those wishing to be considered to fill in should a spot become available will be selected by State Meet 3rd-6th place order of finish per each respective class. *Please enter your 3rd-6th place athletes, or relays in the Additional Qualifier meet.*

Coaches may form a relay by classes, but must be entered by deadline. OCCTCA rules apply.

All late entries will include a \$10 charge.

If you have an athlete that did not meet these standards, but there were special circumstances (false start, no height, family emergency...) that prevented them from qualifying, email me at otcameetofchampions@gmail.com.

To compete:

1. Athlete's coach must be a current, paid member of the OCCTCA.
<http://www.ohstrack.com/membership.html>
2. 1A-4A entries due at 5pm the THURSDAY following the state meet.
5A-6A entries due at 5pm the MONDAY following the state meet.
Athletes need to declare their events in which they will be competing. Any event with less than 12 competitors, additional qualifiers will be added based on their State Meet performances.
3. Confirmed/ accepted athletes will need to check-in at registration to receive their competition jersey & packet. (Athletes will supply their own bottoms.)



TRACK & FIELD MEET OF CHAMPIONS ORDER OF EVENTS

CHECK-IN/ REGISTRATION OPENS AT 3:30pm

FIELD EVENTS (Begin at 5:00pm)

SHOT PUT	BOYS, GIRLS
POLE VAULT	GIRLS, BOYS
LONG JUMP	BOYS, GIRLS
DISCUS	GIRLS, BOYS
HIGH JUMP	BOYS, GIRLS

RUNNING EVENTS (Begin at 5:15pm)

5:15pm	4X800 M. RELAY
6:00pm	4X100 M. RELAY
6:20pm	1600 M. RUN
6:35pm	100 M. HURDLES
.....	110 M. HURDLES
6:50pm	100 M. DASH
7:05pm	400 M. DASH
7:20pm	800 M. RUN
7:35pm	300 M. HURDLES
7:55pm	200 M. DASH
8:10pm	3200 M. RUN
8:40pm	4X400 M. RELAY