

North Canadian River  
Invitational HS Track Meet  
Okemah High School  
April 18, 2023

On behalf of the Weleetka & Wetumka Public School systems, we extend to you and your teams a sincere invitation to participate in the 4th 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.

**Entry Fee:** \$90 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 (2) divisions; varsity boys and varsity girls. Class 3-A and below school only based on OSSAA ADM.

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

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

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

**Scoring:** Awarded to the 1<sup>st</sup>-6<sup>th</sup> 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  
Darryl Reid  
School(405)452-5150

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 (B)  
School(405)452-5150  
Breanna Osborn (G)

North Canadian River

Invitational Track Meet

Okemah High School

Tuesday April, 18th, 2023

Order of Events

Running Events

Begin at 10:00am

400 relay	Girls, Boys
3200m Relay	Girls, Boys
100m Hurdles	Girls
110m 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 9:30am

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