

**Okeene Junior High Invitational
Track Meet
Monday April 3th, 2023**

Okeene would like to invite you to attend our 9th annual Junior High Boys and Girls Track Meet. It will be held on Monday, April 3th. This meet will be open to schools in class 3A and down

Divisions: 7th & 8th boys and 7th & 8th girls.

Time: 10:00 A.M. Coaches Meeting
10:30 A.M. Field Events begin
11:00 A.M. Two Mile Relay
11:30A.M. Running Events begin

Limitations: Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay.
Three throws will be allowed in shot put and three attempts in the long jump. There will also be a boys and girls pole vault and high jump.

- On-line Entry Deadline: Saturday, April 1st @ 5pm. * * * * All entries must be completed on-line at: www.endurousa.com - - - Complete All Steps – including the VERIFICATION Step. Be sure to designate each athlete as “A”, or “B” Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: www.endurousa.com. --- NO EXCEPTIONS!!! If you have questions about your ENDURO USA™ account, please contact Kevin McWatters at: kevin@runenduro.com

Awards: Medals will be given to the top five places in each event.

Team Points: 10-8-6-4-2-1, with double points on relays.

Equipment: We have a 6 lane Reslite Track and we request that only short (1/4) spikes or flat shoes are worn on this surface. Okeene will furnish starting blocks.

Entry fee: \$60 per team or \$120 for both boys and girls. Individual fees are \$12 per athlete up to 4 athletes.

- We will have a concession stand in operation throughout the meet for fans and participants. **We will also feed the Coaches.**

- If you wish to run a few B-team athletes or relays that is fine. There will be no extra charge for them. They will however **not** point or place. **Please limit this number.**
- If you have any questions please call Patrick Penner at Okeene High School
(580-822-3219) Cell – (405-323-8384)

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Invitational Track Meet
April 3, 2023**

10:00 a.m. Coaches Meeting

10:30 p.m. Field Events: Each contestant will awarded three (3) attempts in the long jump, shot put, and discus throw.

High Jump	JHB-JHG
Long Jump	JHG-JHB
Discus	JHG-JHB
Shot	JHB-JHG
Pole Vault	JHB-JHG

11:00 p.m. 3200 Relay JHG-JHB

11:30 p.m. Timed Finals

400 Relay	JHG-JHB
100 Hurdles	JHG
110 Hurdles	JHB
800 Relay	JHG-JHB
800 Run	JHG-JHB
100 Dash	JHG-JHB
400 Dash	JHG-JHB
300 Hurdles	JHG-JHB
200 Dash	JHG-JHB
1600 Run	JHG-JHB
1600 Relay	JHG-JHB