

**Okeene High School**  
**Whippet Relays**  
**April 7, 2023**

Okeene High School will be hosting their 11th annual High School Boys and Girls Invitational Track and Field Meet on Friday, April 7, 2023. We are very excited about the opportunity to host your athletes and will do our very best to make this a high quality meet. We have a 6 lane reslite track along with an electronic timing system. We have experienced workers at each field event area who will do their very best to accommodate each athlete.

We will follow the State Association regulations and the following will apply:

- Only schools entering class 3A, 2A, and A Regionals may enter.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay.
- Points will be scored 10-8-6-4-2-1 and will double for relays.
- **Five (5)** medals will be awarded in each event.
- An entry fee of \$85.00 per division or \$170.00 for both boys and girls teams will be charged. Individuals will be charged \$15.00 up to 4 contestants.  
**Make checks payable to Okeene Athletics.**

- On-line Entry Deadline: Thursday, April 6th @ 5pm. \* \* \* \* All entries must be completed on-line at: [www.endurousa.com](http://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](http://www.endurousa.com). --- NO EXCEPTIONS!!! If you have questions about your ENDURO USA™ account, please contact Kevin McWatters at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

- Only 1/4” or less spikes or flat shoes will be allowed on running or jumping surface. Violation will result in the athlete’s disqualification.
- Contestants will be heated on the field for the preliminaries and placed according to time in the finals. Six (6) athletes will qualify for the finals.
- No one other than track athletes will be allowed on the field.
- Coaches will meet at **10:00 a.m.**, Field events will began at **10:30 a.m.**, Preliminaries will began at **11:00 a.m.** We will take a thirty (30) minute break after the 200 meter dash before starting the finals.
- A concession will be open in the fieldhouse area of our sports complex.
- If you have any questions, please contact Patrick Penner at 580-822-3219 (school), 405-323-8384 (cell). Our fax number is 580-822-4123. E-mail [ppenner@okeene.k12.ok.us](mailto:ppenner@okeene.k12.ok.us)
- Results will be posted at [www.ohstrack.com](http://www.ohstrack.com)

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**Order of Events:**

**Field Events: 10:30 a.m.**

Contestants will have three (3) attempts to qualify for the Finals. The top six (6) will advance to the Finals and be awarded an additional three (3) attempts in the long jump, shot put, and discus throw. Please understand if we have a bunch of shot & discus throwers qualifying lines will be used in both events.

Shot Put-----Boys followed by Girls  
Discus-----Girls followed by Boys  
Long Jump-----Girls followed by Boys  
High Jump-----Boys followed by  
Girls  
Pole Vault-----Girls followed by Boys

**Preliminaries: 11:00 a.m.**

**(6 to finals)**

400 relay-----Girls, Boys  
3200 relay Final-----Girls, Boys  
100 hurdles-----Girls  
110 hurdles-----Boys  
100 dash-----Girls, Boys  
3200 run Final-----Boys  
800 relay Final-----Girls, Boys  
3200 run Final-----Girls  
200 dash-----Girls, Boys

**Finals:**

400 relay-----Girls, Boys  
800 run-----Girls, Boys  
100 hurdles-----Girls  
110 hurdles-----Boys  
100 dash-----Girls, Boys  
400 dash-----Girls, Boys  
300 hurdles-----Girls, Boys  
200 dash-----Girls, Boys  
1600 run-----Girls, Boys  
1600 relay-----Girls, Boys