

OKEMAH MIDDLE SCHOOL TRACK MEET

107 W. Date Street, Okemah, OK 74859, Phone 918-623-1874

Dear Track Coach:

We are pleased to announce our Okemah annual middle school track meet. Our track has a top of the line polyurethane surface. Consider this our sincere invitation to you and your team to attend our meet. This meet will be run as timed finals.

The details of the Okemah middle school track meet are as follows:

Date: Tuesday, March 28th, 2023

Class: 4A schools and below

Division: Four: 7th girls, 7th boys, 8th girls, 8th boys

Participation: Each event will be limited to three participants from each team. Each contestant may enter no more than 4 events. Spike length should be ¼" or shorter. Starting block will be provided.

Time: Coaches meeting will be held at 9:00 a.m. with field events starting promptly at 9:30 a.m. and running events at 9:45 a.m.

Entry Fee: The entry fee is \$80 per team. If four or less athletes, the entry fee is \$20 per contestant. Checks payable to Okemah High School

Hospitality: Coaches' lunch will be provided.

Tents: All camps will be located south of the track.

Parking: Buses: South of the Panther Dome

Awards: A custom medal for the first three places in the relays and a custom medal for the top five finishers in each of the individual events.

OKLAHOMA SECONDARY SCHOOLS ACTIVITIES ASSOCIATION RULES APPLY

For additional information call or text: Stefanie Norman (918) 650-5560 cell, Leon Hurst (918) 268-4032, Frank Yazel (918) 639 7237, or the school at (918) 623-1874, ext. 403 or 203

Order of Events

Timed Finals 9:45 a.m. (7th girls, 8th girls, 7th boys, 8th boys)

400 Meter Relay G-B

3200 Meter Relay G-B

100 Meter Hurdles (30') G-B

800 Meter Relay G-B

800 Meter Run G-B

100 Meter Dash G-B

Proposed Break – 30 minutes

400 Meter Dash G-B

300 Meter Hurdles (30') G-B

200 Meter Dash G-B

1600 Meter Run G-B

1600 Meter Relay G-B

Field Events – 9:30 a.m.

Shot 8G-7G-8B-7B

Discus 8B-7B-8G-7G

High Jump 7B-8B-7G-8G

Long Jump 7G-8G-7B-8B

Pole Vault 8G-7G-8B-7B