

# OKEMAH 9<sup>TH</sup> ANNUAL HIGH SCHOOL TRACK MEET

Dear Track Coach:

We are pleased to announce our Okemah 9<sup>th</sup> annual high school track meet. Our eight lane track has a top of the line polyurethane surface and it will provide an opportunity to produce excellent performances by your team members. Consider this our sincere invitation to you and your team to attend our meet. This meet will be run as timed finals.

Schools planning to attend must submit their entries on [enduroussa.com](http://enduroussa.com). Complete **ALL** steps on the “**Entries Window**” including the “**VERIFICATION**” step. If the “**VERIFICATION**” step is not complete your entries will **NOT** be accepted. The online entry deadline for this meet is: Thursday, March 30<sup>th</sup> by 5:00 p.m.

**\*LATE ENTRIES WILL NOT BE ACCEPTED\***

The details of the Okemah 9<sup>th</sup> annual high school track meet are as follows:

**Date:** Friday, March 31, 2023

**Class:** 4A schools and below

**Division:** Two-Varsity Boys and Girls

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

**Time:** Coaches meetings 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 \$90.00 per team. If four or less athletes, then the entry fee is \$20.00 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 will park 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 ASSOCIATIONS RULES APPLY**

For additional information call: Coach Leon Hurst 918-268-4032, Coach Frank Yazel 918-639-7237, Stefanie Norman (AD) 918-650-5560, or the schools main number 918-623-1874 ext 403,203.

## ORDER OF EVENTS

TIMED FINALS - 9:45 A.M.

POLE VAULT B-G

400 METER RELAY G-B

3200 METER RELAY G-B

100 METER HURDLES (33") G

110 METER HURDLES (39") B

3200 METER RUN B

800 METER RELAY G-B

800 METER RUN G-B

100 METER DASH G-B

PROPOSED BREAK-30 MINUTES

3200 METER RUN G

400 METER RUN G-B

300 METER HURDLES (30") G

300 METER HURDLES (36") B

200 METER DASH G-B

1600 METER RUN G-B

1600 METER RELAY G-B

FIELD EVENTS - 9:30 A.M.

SHOT G-B

DISCUS B-G

HIGH JUMP G-B

LONG JUMP B-G