

DEPARTMENT OF ATHLETICS



OKMULGEE

HS Track Meet 03-31-2023

On behalf of the Okmulgee High School and Okmulgee Public Schools we are extending an invitation to participate in our High School Boys and Girls Track and Field meet.

Location: Harmon Stadium 601 E. 12th Street Okmulgee, OK -West on 13th off of Highway 75 then right on Rogers Street. Buses Park in Big Parking Lot. Phone: (918) 758-2075

Entry Fee **\$150.00** for each division if you confirm early, **\$160.00** if you don't confirm. For teams of four athletes or less: **\$20.00** per person.

Please make checks payable to: **Okmulgee High School Track**

ATTENTION COACHES:

The On-line Entry DEADLINE for our track meet is Thursday, March 30th @ 5:00 pm. (The meet will be CLOSED at 5:00 pm) No late entries accepted. Schools planning to attend this meet must submit their entries on the "**ENDURO Entries**" website by completing **ALL FIVE (5) ON-LINE Steps**. If your team/school does not complete ALL FIVE (5) On-line Entry Steps, your school/team can NOT be entered manually by our timing crew at the meet. - - **NO exceptions allowed this year.** ---Please log into your ENDURO Entries (Track Roster) account at: www.enduroussa.com Contact me: dpankey@okmulgeeps.com (918) 521-2329 Cell.

Divisions: There will be 4 Divisions: Boys, Girls ---OSSAA TRACK RULES APPLY **Date/Time:**

March 31, 2023. Coaches meeting will be at 9:30 am and the meet starts at 10:00.

Limitations: Each school is limited to 1 relay team per division. B team are permitted only by Permission of Coach Pankey with a fee of \$20.00 per B team. Each school is limited to 3 competitors per event. Each contestant is limited to 4 events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Trophies: Plaques will be awarded to the 1st and 2nd place teams in both divisions. Team

Points: Points will be scored as followed: 10, 8, 6, 4, 2, 1 & doubled for relays. Equipment:

Okmulgee will furnish all starting blocks 1. spikes or shorter are required. Facilities: No

Dressing Facilities and restrooms will be on the south side of the stadium. Dinner: We will have dinner during the meet for coaches and workers.

DEPARTMENT OF ATHLETICS



OKMULGEE

March 31, 2023

9:30 am Coaches meeting in the Locker room

10:00 am Field Events Begin

Note: There will be 3 jumps and throws in Field events.
And the top 8 will go to finals for 3 more attempts.

Long Jump-Boys, Girls

Shot-Girls, Boys

Discus-Boys, Girls

Pole Vault-Boys, Girls

High Jump-Girls, Boys

Timed Finals Meet

11:00 400 Relay Girls Boys

3200 Relay Girls Boys

100 Hurdles 33" Girls

110 Highs 39" Boys

100m Dash Girls Boys

3200 Run Boys

800 Relay Girls Boys

3200 run Girls

BREAK 40 MINUTES

400m Dash Girls Boys

800m Dash Girls Boys

300 Hurdles Girls Boys

200m Dash Girls Boys

1600m Run Girls Boys

1600m Relay Girls Boys

There will be a coaches meal provided at the end of the girls 3200 run.