

# DEPARTMENT OF ATHLETICS



OKMULGEE

## ***JH Track Meet 04-04-2023***

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 **\$100.00** for each division if you confirm early, **\$110.00** 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 Monday, April, 3 @ 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:** **April 4, 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.



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### April 4, 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: 7B-8B-9B-7G-8G-9G

Shot-Girls, Boys: 7G-8G-9G-7B-8B-9B

Discus-Boys, Girls: 7B-8B-9B-7G-8G-9G

Pole Vault-Boys, Girls: 7G-8G-9G-7B-8B-9B

High Jump-Girls, Boys: 7G-8G-9G-7B-8B-9B

### Timed Finals Meet

11:00	400 Relay	Girls	Boys
	3200 Relay	Girls	Boys
	100 Hurdles	Girls	Boys
	110 Highs		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.