

# Oologah HS/MS Track Invitational

DATE: FRIDAY, MARCH 24, 2023  
TIME: COACHES MEETING 9:00 AM  
FIELD EVENTS 9:30 AM  
RUNNING EVENTS 10:00AM  
COST: \$100.00/TEAM \$500 FOR ALL SIX DIVISIONS  
\$20.00/INDIVIDUAL

DIVISIONS: THERE WILL BE SIX DIVISIONS.

HS BOYS, HS GIRLS, 8<sup>th</sup>BOYS, 8<sup>th</sup> GIRLS, 7<sup>TH</sup> BOYS AND 7<sup>TH</sup> GIRLS  
PARTICIPATION: EACH SCHOOL IS LIMITED TO THREE PARTICIPANTS PER EVENT.  
PARTICIPANTS MAY ENTER NO MORE THAN FOUR EVENTS. STARTING BLOCKS  
WILL BE PROVIDED AND SPIKES SHOULD BE ¼" OR SHORTER.  
OSSAA RULES APPLY.

SEND ENTRY FEES TO: OOLOGAH ATHLETICS  
OOLOGAH HIGH SCHOOL  
ATTN: AMANDA MAY, ATHLETIC DIRECTOR  
10700 S. HWY 169  
OOLOGAH, OK 74053

**\*\*\*ALL PARTICIPANTS MUST BE REGISTERED ON ENDUROUSA.COM\*\*\***

## **LIMIT 15 TEAMS**

AWARDS: MEDALS TO THE TOP 3 PERFORMERS IN EACH EVENT.  
PLAQUES TO THE TOP 2 TEAMS IN EACH DIVISION

LOCATION: OOLOGAH HIGH SCHOOL (MUSTANG STADIUM)  
10700 S. HWY 169, OOLOGAH, OK 74053

ATHLETIC DIRECTOR: AMANDA MAY, [amanda.may@oologah.k12.ok.us](mailto:amanda.may@oologah.k12.ok.us)

TRACK COACH: BRIAN BARNES (MALE), SHAWN DRIVER (FEMALE)

PHONE: 918-443-6000 x6174

EMAIL: [brian.barnes@oologah.k12.ok.us](mailto:brian.barnes@oologah.k12.ok.us), [shawn.driver@oologah.k12.ok.us](mailto:shawn.driver@oologah.k12.ok.us)

\*Restrooms and Concessions will be available.

\*There will be a Coaches Hospitality Room.

PLEASE EMAIL OR CALL BY MARCH 1<sup>ST</sup> TO CONFIRM ATTENDANCE.

# **ORDER OF EVENTS**

## **Field Events**

9:30 a.m.

High Jump	7G-8G-HSG-7B-8B-HSB
Long Jump	7B-8B-HSB-7G-8G-HSG
Shot	8G-7G-HSB-8B-7B-HSG
Discus	8B-7B-8G-7G-HSG-HSB
Pole Vault	8B-8G-HSG-7B-7G-HSB

## **Timed Finals**

10:00 a.m.

400 Relay	7G-8G-HSG-7B-8B-HSB
3200 Relay	7G-8G-HSG-7B-8B-HSB
100 Hurdles	7G-8G      30"
100 Hurdles	HSG      33"
110 Hurdles	7B-8B      33"
110 Hurdles	HSB      39"
3200 Run	HSB
800 Relay	7G-8G-HSG-7B-8B-HSB
800 Run	7G-8G-HSG-7B-8B-HSB
100 Dash	7G-8G-HSG-7B-8B-HSB

## **Break**

### **20 MINUTES IF NEEDED**

3200 Run	HSG
400 Dash	7G-8G-HSG-7B-8B-HSB
300 Hurdles	7G-8G-HSG-7B-8B-HSB
200 Dash	7G-8G-HSG-7B-8B-HSB
1600 Run	7G-8G-HSG-7B-8B-HSB
1600 Relay	7G-8G-HSG-7B-8B-HSB

***THANKS FOR YOUR PARTICIPATION; PLEASE  
CLEAN UP YOUR CAMP AREA.***