

Skiatook 7/8 Grade Track & Field Meet

MONDAY; APRIL 10, 2023

Location: Skiatook High School
1000 W. 4th
Skiatook, Ok. 74070

Mailing Address: Skiatook High School
Attn: Tony Wisley
355 S. Osage
Skiatook, Ok. 74070

Bus Parking: West of the Football Field house

Fees: **\$80.00** for each Division. For teams of four athletes or less: \$20.00 per person.
Make Checks Payable to: SKIATOOK PUBLIC SCHOOLS.

Time: Coaches Meeting will be at 8:45 a.m. in the Visitors locker room. South End of Field.
Field Events will begin at 9:00 a.m. and running events will begin at 9:00 am. This meet
is TIMED FINALS.

DIVISIONS: 7th Boys/Girls AND 8th Boys/Girls

Limitations: Each school is limited to one (1) relay team per event.
Each school is limited to three (3) competitors per event.
Each contestant is limited to four events, including relays and field events.

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

Trophies: Trophies will be awarded to 1st place teams in each Division.

Equipment: Skiatook will furnish all starting blocks to contestants. ¼" spikes or
shorter are Required. **PLEASE DO NOT USE TAPE ON THE TRACK.**

Restrooms/Concessions: **Located in the Southwest and Southeast corners of the football
field. PLEASE, DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!**

Dressing facilities: NO DRESSING FACILITIES.

Lunch Break: There will be a meal for Coaches and workers at 12:00 pm

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Vance Miller Head Boys Track Coach
Tony Wisley Head Girls Track Coach
Email Address: vmiller@skiatookschools.org
twisley@skiatookschools.org

School (918) 396-2601

ORDER OF EVENTS

2023 Skiatook Track Meet Order of Events

Running

9:00AM

| | | |
|---------------|----------------------------------|------------|
| 400 M Relay | 7 Girls, 8 Girls, 7 Boys, 8 Boys | |
| 3200 M Relay | 7 Girls, 8 Girls, 7 Boys, 8 Boys | |
| 100 M Hurdles | 7, 8, Girls | |
| 110 M Hurdles | 7, 8, Boys | |
| 800 M Relay | 7, 8, Girls | 7, 8, Boys |
| 800 M Run | 7, 8, Girls | 7, 8, Boys |
| 100 M Dash | 7, 8, Girls | 7, 8, Boys |
| 400 M Dash | 7, 8, Girls | 7, 8, Boys |
| 300 M Hurdles | 7, 8, Girls | 7, 8, Boys |
| 200 M Dash | 7, 8, Girls | 7, 8, Boys |
| 1600 M Run | 7, 8, Girls | 7, 8, Boys |
| 1600 M Relay | 7, 8, Girls | 7, 8, Boys |

Field Events

9:00AM

High Jump: 7 GIRLS – 8 GIRLS – 7 BOYS – 8 BOYS

Long Jump: 8 BOYS – 7 BOYS – 8 GIRLS – 7 GIRLS

Shot: 7 BOYS – 8 BOYS – 7 GIRLS – 8 GIRLS

Discus: 7 GIRLS – 8 GIRLS – 7 BOYS – 8 BOYS

Pole Vault: 7 GIRLS – 7 BOYS – 8 GIRLS – 8 BOYS

JH throwers will have 3 throws in a row and will measure furthest 1.