

Southern Oklahoma 8 Man Invitational

Track Meet

Friday, April 7, 2023

Waurika High School will host a Junior High and High School Track and Field meet on, Friday, April 7, 2023. **This meet is open to schools that will be playing 8 man football next year (2022-2023).**

Starting Time:

Coaches Meeting	9:00
Field Events	9:30
Running Events	10:30

ATTENTION COACHES: the On-line Entry DEADLINE is: **Thursday, April 6th @ 1pm.** (((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the “**ENTRIES Window**” – including the “**Verification Step**”. If the “Verification Step” is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

****Admission Entry Fee:** \$75 per team
Less than 4 members \$10 each.

Divisions: There will be four divisions.
Junior High Girls
Junior High Boys
High School Girls
High School Boys

Participation: Each athlete may compete in 4 events. Each school may enter 3 in each event. Freshmen may only compete in one division.

Team Awards: Team scores will be kept but there will be no team trophies.

Medals: Medals will be awarded to top 5 individuals and top 3 relays.

Inclement Weather: Call Joe Masoner cell 580-313-0224 or Roger Jessie 580-228-4576 School 580-228-2341

Entry Form

School _____ Phone: _____

_____ JH Girls

_____ JH Boys

_____ HS Girls

_____ HS Boys

Mail to Joe Masoner
Waurika High School
600 E. Flordia
Waurika, OK 73573

ORDER OF EVENTS

Coaches Meeting: 9:00

Field Events: 9:30

High Jump: JH Girls, JH Boys, HS Girls, HS Boys

Long Jump: HS Girls, HS Boys, JH Girls, JH Boys

Shot: JH Boys, JH Girls, HS Boys, HS Girls

Discus: HS Boys, HS Girls, JH Boys, JH Girls

Pole Vault: NO POLE VAULT

Running Events: 10:00

Order: JH Girls, JH Boys, HS Girls, HS Boys

Timed Finals

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles

110 Meter Hurdles

3200 Meter High School

800 Meter Relay

800 Meter Run

100 Meter Dash

3200 Meter Run Junior High

400 Meter Dash

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay