



Checotah Junior High Track Meet

Tuesday April 16th, 2024

On behalf of the Checotah Public Schools, we are extending an invitation to participate in our High School Boys and Girls Track and Field Meet. Checotah Schools has an 8 lane Track with collegiate landing mats.

Location: Checotah High School

Mailing Address:

Checotah High School
Attn: Zac Ross
491 W. Paul Carr Drive
Checotah, OK 74426

Fees:

\$100.00 for each Division. You are allowed only 3 per event. If you plan on running extra in an event it will be \$50.00 more , for a total of \$1500.00. This extra fee is good for all events. The extra athletes must sign in as JV and will not count towards scoring or medals. For teams of four athletes or less: \$15.00 per person.

Make Checks Payable to: CHECOTAH PUBLIC SCHOOLS. NO REFUNDS

Time:

Coaches Meeting will be at 9:00 a.m. in the Weight Room locker room.
Field Events will begin at 9:30 a.m. and running events will begin at 10:00a.m.
This meet is **TIMED FINALS**.

DIVISIONS:

There will be(4) divisions: 7th grade (girls and boys) 8th grade (girls and boys)

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, April 15th @ noon.**

((The meet will be CLOSED at 12pm!))) 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 this year. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact cara@runenduro.com

NOTE:

There will only be three athletes allowed in each event, unless you pay the extra fee.
Limitations: Each school is limited to one (1) relay team. 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 and 2nd place teams.

Team Points:

Awarded to top six finishers (10 – 8 – 6 – 4 – 2 - 1) in individual events and in relays, (20 – 16 – 12 – 8 – 4 – 2).

Equipment:

Checotah will furnish all starting blocks to contestants. ¼" spikes or shorter are Required. DO NOT USE TAPE ON THE TRACK.

Restrooms/Concessions:

Located on the North side and Southeast corners of the football field. **DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!**



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Dressing facilities: NO DRESSING FACILITIES.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Zac Ross Head Track

Coach Email Address: zdross@checotah.k12.ok.us

School (918) 473-8083 Fax: (918) 473-473-7174

ORDER OF EVENTS

10:00am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES	GIRLS	
110 M HURDLES		BOYS
3200 METER RUN		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS
3200 METER RUN	GIRLS	
400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	
300 METER IH		BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

9:30am

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS EACH AND EIGHT TO THE FINALS.