

HK TRACK

Henryetta High School

Henryetta, OK

DEAR COACH(ES):

Henryetta High School will be holding our Annual Henryetta Black Gold Relays, April 5TH, 2024.

The meet is open to all schools, 4A and below, but we will only be accepting the first 15 teams that RSVP. Please RSVP to tgillispie@henryetta.k12.ok.us

We will medal 1st, 2nd and 3rd in all events including relays and award a championship trophy for the winning girl's and boy's team.

Entry fees are \$90.00 per team.

Yes, we would like to attend _____

Boys Team _____ Girls Team _____

No, we will not be attending _____

School _____ Phone _____

Coach(es) _____ Phone _____

Email for confirmation _____

Coach Gillispie, Head Track Coach (918) 906-7783

HK TRACK

BLACK GOLD RELAYS

ORDER OF EVENTS

Coaches Meeting – 9:00

Field Events – 9:30

Running Events 10:00

| | |
|---------------------|--|
| 400 Meter Relay | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys |
| 3200 Meter Relay | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys |
| Mid-Distance Medley | 7 & 8 Boys (400-200-600-800) |
| Distance Medley | HS Girls (1200-400-800-1600) |
| 800 Meter Relay | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys |

BREAK

| | |
|---------------------|---|
| Mid-Distance Medley | 7 & 8 Girls (400-200-600-800) |
| Distance Medley | HS Boys (1200-400-800-1600) |
| Sprint Medley | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys (200-200-400-800) |
| 1500 Meter Run | HS Girls – HS Boys |
| 1600 Meter Relay | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys |

FIELD EVENT ORDER

| | |
|------------|--|
| Shot Put | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys |
| Discus | 7 & 8 Boys – 7 & 8 Girls; HS Boys – HS Girls |
| High Jump | 7 & 8 Boys – 7 & 8 Girls; HS Boys – HS Girls |
| Long Jump | 7 & 8 Girls – 7 & 8 Boys; HS Girls – HS Boys |
| Pole Vault | 7 & 8 Boys – 7 & 8 Girls; HS Boys – HS Girls |

****ALL EVENTS ARE TIMED FINALS****

HK TRACK

Henryetta Middle School

Henryetta, OK

DEAR COACH(ES):

Henryetta Middle School will be hosting our Annual Henryetta Middle School Relays Meet, April 5TH, 2024.

The meet is open to all schools, 4A & below, but we will only be accepting the first 15 teams that RSVP. Please RSVP to tgillispie@henryetta.k12.ok.us

We will medal 1st, 2nd and 3rd in all events including relays and award a championship trophy for the winning girl's and boy's team. There will be a 7th grade division and an 8th grade division.

Entry fees are \$80.00 per team.

Yes, we would like to attend _____

Boys Team _____ Girls Team _____

No, we will not be attending _____

School _____ Phone _____

Coach(es) _____ Phone _____

Email for confirmation _____

Coach Gillispie, Head Track Coach (918) 906-7783

HK TRACK

Middle School Relays Meet

ORDER OF EVENTS

Coaches Meeting – 9:00

Field Events – 9:30

Running Events 10:00

7th & 8th Grade Divisions

| | |
|---------------------|--------------------------------------|
| 400 Meter Relay | Girls – Boys (7,8) |
| 3200 Meter Relay | Girls – Boys (7,8) |
| Mid Distance Medley | Girls (400-200-600-800) (7,8) |
| 800 Meter Relay | Girls – Boys (7,8) |
| BREAK | |
| Mid Distance Medley | Boys (400-200-600-800) (7,8) |
| Sprint Medley | Girls – Boys (200-200-400-800) (7,8) |
| 1600 Meter Relay | Girls – Boys (7,8) |

FIELD EVENT ORDER

| | |
|------------|--------------------|
| Shot Put | Girls – Boys (7,8) |
| Discus | Boys – Girls (7,8) |
| High Jump | Boys – Girls (7,8) |
| Long Jump | Girls – Boys (7,8) |
| Pole Vault | Boys – Girls (7,8) |

****ALL EVENTS ARE TIMED FINALS****