

**METRO LAKES CONFERENCE 2024 TRACK AND FIELD  
CHAMPIONSHIPS**

Claremore High School

**Junior High 7th and 8th:** Thursday, April 25th 9:30 am

**High School and 9th:** Friday, April 26th 9:30 am

On behalf of Claremore Public Schools we would like to welcome you and your athletes to the 2024 Metro Lakes Conference Track and Field Championships.

**ATTENTION COACHES:** The On-line Entry DEADLINE is: the day before the meet @ 12pm (((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. - - - Please log into your ENDURO USA™ account at: [www.endurousa.com](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)

Coaches Meeting at 9:00 am at the Heating Area.

**Conference Workers Schedule**

Finish Line- **Claremore**    HJ – **Pryor**    PV - **Grove**    LJ – **Glenpool**

Shot – **Coweta**                  Discus – **Tahlequah**

Exchange 1 – **Claremore**    Exchange 2 - **Collinsville** (4X1 and 4X2)

Exchange 3 – **Pryor**

# **Metro Lakes Conference High School Schedule of Events**

## **Coaches Meeting 9:00 am**

### **Field Events 9:30 am**

High Jump- 9B, HSB, 9G, HSG  
Long Jump- HSB, 9B, HSG, 9G,  
Shot- HSG, 9G, HSB, 9B  
Discus- HSB, 9B, HSG, 9G  
Pole Vault- 9G, HSG, 9B, HSB

### **High School Minimum Measurements/Opening Heights**

Shot (Boys) 9th- 35' HS- 40' (Girls) 9th- 25' HS- 25'  
Discus (Boys) 9th- 80' HS- 110' (Girls) 9th- 60' HS- 80'  
High Jump (Boys) 9th- 4'10" HS- 5'6" (Girls) 9th- 4'4" HS- 4'6"  
Pole Vault (Boys) 9th- 8' HS- 10' (Girls) 9th- low HS- 7

### **Timed Finals 10:00am**

400 Relay	9-HS Girls, 9-HS Boys
3200 Relay	All Girls, All Boys
100 Hurdles	9-HS Girls (9-HS 33in)
110 Hurdles	9-HS Boys (9-36 in, HS 39in)
3200 Run	All Girls, All Boys
800 Relay	9-HS Girls, 9-HS Boys
800 Run	9-HS Girls, 9-HS Boys
100 M Dash	9-HS Girls, 9-HS Boys
400 M Dash	9-HS Girls, 9-HS Boys
300 M Hurdles	9-HS Girls, 9-HS Boys
200 M Dash	9-HS Girls, 9-HS Boys
1600 Run	9-HS Girls, 9-HS Boys
1600 Relay	9-HS Girls, 9-HS Boys

# Metro Lakes Conference Junior High

## Order of Events

**Coaches Meeting 9:00 am**

### **Field Events 9:30 am**

High Jump 7G, 8G, 7B, 8B

Long Jump 7B, 8B, 7G, 8G

Shot 7G, 8G, 7B, 8B

Discus 7B, 8B, 7G, 8G

Pole Vault 7G, 8G, 7B, 8B

### **Minimum Measurements/Opening Heights**

Shot (Boys) 7- 25' 8- 30' (Girls) 7- 20' 8- 20'

Discus (Boys) 7- 70' 8- 80' (Girls) 7- 50' 8- 60'

High Jump (Boys) 7- 4'6" 8- 4'8" (Girls) 7- 4' 8- 4'2"

Pole Vault (Boys) 7- 6' 8- 7' (Girls) 7- low' 8- low

### **Timed Finals 10:00 am**

400 RELAY 7G, 8G, 7B, 8B

3200 RELAY 7G, 8G, 7B, 8B

100 H 30" 7G, 8G

110 H 30" 7B, 8B

800 RELAY 7G, 8G, 7B, 8B

800 RUN 7G, 8G, 7B, 8B

100 M DASH 7G, 8G, 7B, 8B

400 M DASH 7G, 8G, 7B, 8B

300 H 30" 7G, 8G, 7B, 8B

200 M DASH 7G, 8G, 7B, 8B

1600 RUN 7G, 8G, 7B, 8B

1600 RELAY 7G, 8G, 7B, 8B