

## OKEMAH MIDDLE SCHOOL TRACK MEET

107 W. Date Street, Okemah, OK 74859, Phone 918-623-1874

Dear Track Coach:

We are pleased to announce our Okemah annual middle school track meet. Our track has a top of the line polyurethane surface. Consider this our sincere invitation to you and your team to attend our meet. This meet will be run as timed finals. Schools planning to attend must submit their entries on MileSplit. (MileSplit.com) Complete **ALL** steps on the “**Entries Window**” including the “**VERIFICATION**” step.

The details of the Okemah middle school track meet are as follows:

**Date:** Friday, March 29, 2024

**Class:** 4A schools and below

**Division:** Four: 7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls, and 8th boys

**Participation:** Each event will be limited to three participants from each team. Each contestant may enter no more than 4 events. Spike length should be ¼” or shorter. Starting block will be provided.

**Time:** Coaches meeting will be held at 9:00 a.m. with field events starting promptly at 9:30 a.m. and running events at 9:45 a.m.

**Entry Fee:** The entry fee is \$80 per team. If four or less athletes, the entry fee is \$20 per contestant. Checks payable to Okemah High School

**Hospitality:** Coaches’ lunch will be provided.

**Tents:** All camps will be located south of the track.

**Parking:** Buses: South of the Panther Dome

Awards: A custom medal for the first three places in the relays and a custom medal for the top five finishers in each of the individual events.

### **OKLAHOMA SECONDARY SCHOOLS ACTIVITIES ASSOCIATION RULES APPLY**

For additional information call or text: Stefanie Norman (918) 650-5560 cell, Leon Hurst (918) 268-4032, or the school at (918) 623-1874, ext. 403 or 203