



## **Oklahoma Union Athletics**

**13925 State Highway 10**

**South Coffeyville, OK 74072**

Office – (918) 255-6551

Head Track Coach – Kirk Jackson      email – [kjackson@okunion.k12.ok.us](mailto:kjackson@okunion.k12.ok.us)

Athletic Director – Riley Duncan

### **Thursday, March 28<sup>th</sup>, 2024**

Oklahoma Union Schools would like to invite you and your team to participate in our Junior High Boys and Girls Track and Field meet. We will have 7<sup>th</sup> and 8<sup>th</sup> grade divisions of both boys and girls track and field events on our 6 lane track. **Please RSVP as soon as possible so that we can best host you and your team.**

#### **Time –**

Coaches Meeting at 9:30AM (in the hospitality room)

Field Events at 10:00

Running Events at 10:30

**Entry Fee –** Divisions 7<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, and 8<sup>th</sup> Boys.

\$60 per division (\$10 per individual)\$210 if entering in all 4 divisions.

**Limitations –** Each Contestant is limited to four events - including relays. Each school is limited to three entrants in each event per division and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

**Medals –** Medals will be awarded for 1<sup>st</sup> place through 3<sup>rd</sup> place in each event.

**Team Points –** Individual events will score: 10-8-6-4-2-1

Relay events will score: 20-16-12-8-4-2

**Equipment –** OKU will provide starting blocks and asks that you use ¼" spikes or smaller to maintain the surface of our track. Please limit the use of tape on the running surface.

**Hospitality Room –** A hospitality room will be provided for coaches in the back room (west end) of the old field house.

**RSVP –**Please RSVP with Coach Jackson so that we can prepare our hospitality room. Our plan is to cap this meet at 12 teams. You can reserve your team's spot in this event by emailing [kjackson@okunion.k12.ok.us](mailto:kjackson@okunion.k12.ok.us) or by calling or texting (405) 570-3615.

## **OKU High School Track Meet**

### **Schedule of Events**

#### **Field Events**

10:00AM	High Jump	7 <sup>th</sup> Boys, 7 <sup>th</sup> Girls, 8 <sup>th</sup> Boys, 8 <sup>th</sup> Girls
	Long Jump	7 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Girls, 8 <sup>th</sup> Boys
	Shot Put	8 <sup>th</sup> Boys, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 7 <sup>th</sup> Girls
	Discus	8 <sup>th</sup> Girls, 8 <sup>th</sup> Boys, 7 <sup>th</sup> Girls, 7 <sup>th</sup> Boys

#### **Running Events**

10:30AM	400 Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
	3200 Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
	100 Hurdles	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls (30")
	110 Hurdles	7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys (33")
	800 Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
	800 Run	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
	100 Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys

#### Break for Lunch

400 Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
300 Hurdles	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls (30")
300 Hurdles	7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys (30")
200 Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
1600 Run	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
1600 Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys