



## Oklahoma Union Athletics

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**Monday, April 22<sup>nd</sup>, 2024**

Oklahoma Union Schools would like to invite you and your team to participate in the annual Northeast Valley Track and Field meet. We will have Junior High Girls, Junior High Boys, Varsity Girls and Varsity Boys divisions for all track and field events on our 6 lane track. The event will be timed and registered through Enduro Timing. All registrations must be completed by noon the day before the event.

### Time –

Coaches Meeting at 2:30PM (in the hospitality room)

Field Events at 3:00PM

Running Events at 3:30PM

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Sunday, April 21<sup>st</sup> @ 12pm.** (((The meet will be CLOSED at noon!))) 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. 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@runenduro.com](mailto:cara@runenduro.com)

**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 Plaque will be awarded for the 1st Place Boys and Girls Teams.

**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 for contestants and asks that you use ¼” spikes our 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.

## **Conference Track Meet**

### **Schedule of Events**

#### **Field Events**

3:00PM	High Jump	HS Boys, JH Boys, HS Girls, JH Girls
	Long Jump	HS Girls, JH Girls, HS Boys, JH Boys
	Shot Put	JH Boys, HS Boys, JH Girls, HS Girls
	Discus	JH Girls, HS Girls, JH Boys, HS Boys
	Pole Vault	JH Boys, HS Boys, JH Girls, HS Girls

#### **Running Events**

3:30PM	400 Relay	JH Girls, JH Boys, HS Girls, HS Boys
	3200 Relay	JH Girls/JH Boys, HS Girls/HS Boys
	100 Hurdles	JH Girls, HS Girls (33")
	110 Hurdles	JH Boys, HS Boys (39")
	3200 Run	HS Boys
	800 Relay	JH Girls, JH Boys, HS Girls, HS Boys
	800 Run	JH Girls, JH Boys, HS Girls, HS Boys
	100 Dash	JH Girls, JH Boys, HS Girls, HS Boys

Break

	3200 Run	HS Girls
	400 Dash	JH Girls, JH Boys, HS Girls, HS Boys
	300 Hurdles	JH Girls, HS Girls (30")
	300 Hurdles	JH Boys, HS Boys (36")
	200 Dash	JH Girls, JH Boys, HS Girls, HS Boys
	1600 Run	JH Girls, JH Boys, HS Girls, HS Boys
	1600 Relay	JH Girls, JH Boys, HS Girls, HS Boys