

Oologah HS/MS Track Invitational

DATE: Thursday, MARCH 28, 2024

TIME: COACHES MEETING 9:00 AM

FIELD EVENTS 9:30 AM

RUNNING EVENTS 10:00AM

COST: \$100.00/TEAM \$500 FOR ALL SIX DIVISIONS

\$20.00/INDIVIDUAL

DIVISIONS: THERE WILL BE SIX DIVISIONS.

HS BOYS, HS GIRLS, 8th BOYS, 8th GIRLS, 7th BOYS AND 7th GIRLS

PARTICIPATION: EACH SCHOOL IS LIMITED TO THREE PARTICIPANTS PER EVENT.

PARTICIPANTS MAY ENTER NO MORE THAN FOUR EVENTS. STARTING BLOCKS

WILL BE PROVIDED AND SPIKES SHOULD BE ¼" OR SHORTER. OSSAA RULES

APPLY.

SEND ENTRY FEES TO: OOLOGAH ATHLETICS

OOLOGAH HIGH SCHOOL

ATTN: Dru Dixon, ATHLETIC DIRECTOR

10700 S. HWY 169

OOLOGAH, OK 74053

*****ALL PARTICIPANTS MUST BE REGISTERED ON ENDUROUSA.COM*****

LIMIT 15 TEAMS

AWARDS: MEDALS TO THE TOP 3 PERFORMERS IN EACH EVENT.

PLAQUES TO THE TOP 2 TEAMS IN EACH DIVISION

LOCATION: OOLOGAH HIGH SCHOOL (MUSTANG STADIUM)

10700 S. HWY 169, OOLOGAH, OK 74053

ATHLETIC DIRECTOR: Dru Dixon, dru.dixon@oologah.k12.ok.us

TRACK COACH: BRIAN BARNES (MALE), SHAWN DRIVER (FEMALE)

PHONE: 918-443-6000 x6174

EMAIL: brian.barnes@oologah.k12.ok.us, shawn.driver@oologah.k12.ok.us

***Restrooms and Concessions will be available.**

***There will be a Coaches Hospitality Room.**

PLEASE EMAIL OR CALL BY MARCH 1ST TO CONFIRM ATTENDANCE.

ORDER OF EVENTS

Field Events

9:30 a.m. High Jump 7G-8G-HSG-7B-8B-HSB

Long Jump 7B-8B-HSB-7G-8G-HSG

Shot 8G-7G-HSB-8B-7B-HSG

Discus 8B-7B-8G-7G-HSG-HSB

Pole Vault 8B-8G-HSG-7B-7G-HSB

Timed Finals

10:00 a.m. 400 Relay 7G-8G-HSG-7B-8B-HSB

3200 Relay 7G-8G-HSG-7B-8B-HSB

100 Hurdles 7G-8G 30"

100 Hurdles HSG 33"

110 Hurdles 7B-8B 33"

110 Hurdles HSB 39"

3200 Run HSB

800 Relay 7G-8G-HSG-7B-8B-HSB

800 Run 7G-8G-HSG-7B-8B-HSB

100 Dash 7G-8G-HSG-7B-8B-HSB

Break 20 MINUTES IF NEEDED

3200 Run HSG

400 Dash 7G-8G-HSG-7B-8B-HSB

300 Hurdles 7G-8G-HSG-7B-8B-HSB

200 Dash 7G-8G-HSG-7B-8B-HSB

1600 Run 7G-8G-HSG-7B-8B-HSB

1600 Relay 7G-8G-HSG-7B-8B-HSB

THANKS FOR YOUR PARTICIPATION; PLEASE CLEAN UP YOUR CAMP AREA.