

SKIATOOK INVITATIONAL TRACK MEET

THURSDAY APRIL 11, 2024

On behalf of the Skiatook Public Schools, we extend an invitation to participate in our High School Boys and Girls and Jr High School Track and Field Meet. **We will cap our meet at 8 schools per Division – 5A & Below Schools ONLY.** First come, first serve. You must e-mail or call to confirm your teams.

Location: Skiatook High School
1000 W. 4
Skiatook, Ok. 74070

Mailing Address: Skiatook High School
Attn:Shane Branscum
355 S. Osage
Skiatook, Ok. 74070

Bus Parking: West of the Football Field house

Fees: **\$100.00** for each Division. For teams of four athletes or less: \$15.00 per person.
Make Checks Payable to: SKIATOOK PUBLIC SCHOOLS.

Time: Coaches Meeting will be at 8:30 a.m. in the Visitors Locker Room.
Field Events will begin at 9:00 a.m. and running events will begin at 9:00 am. This meet is TIMED FINALS.

DIVISIONS: There will be six (6) divisions: Varsity Boys/Girls(9-12), 7th Boys/Girls, 8th Boys/Girls

Limitations: Each school is limited to one (1) relay team per event.
Each school is limited to three (3) competitors per event.
Each contestant is limited to four events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Team Points: Awarded to top six finishers (10 – 8 – 6 – 4 – 2 – 1) in individual events and in relays, (20 – 16 – 12 – 8 – 4 – 2).

Equipment: Skiatook will furnish all starting blocks to contestants. ¼" spikes or shorter are Required. **PLEASE DO NOT USE TAPE ON THE TRACK.**

Restrooms/Concessions: **Located in the Southwest and Northeast corners of the football field.**
PLEASE, DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!

Dressing facilities: NO DRESSING FACILITIES.

Lunch Break: There will be a meal for Coaches and workers at 12:00p.m.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Vance Miller: Head Boys Track Coach
Alexandria Reeves: Head Girls Track Coach
Email Address: vmiller@skiatookschools.org
areeves@skiatookschools.org

PLEASE RSVP! THANK YOU

ORDER OF EVENTS

2024 Skiatook Track Meet Order of Events

Running

9:00 AM

400 M Relay	7, 8, HS Girls	7, 8, HS Boys
3200 M Relay	7, 8, HS Girls	7, 8, HS Boys (7 G/B) (8 G/B) (HS Girls) (HS Boys)
100 M Hurdles	7, 8, HS Girls	
110 M Hurdles	7, 8, HS Boys	
3200 M Run	HS Girls	HS Boys
800 M Relay	7, 8, HS Girls	7, 8, HS Boys
800 M Run	7, 8, HS Girls	7, 8, HS Boys
100 M Dash	7, 8, HS Girls	7, 8, HS Boys
400 M Dash	7, 8, HS Girls	7, 8, HS Boys
300 M Hurdles	7, 8, HS Girls	7, 8, HS Boys
200 M Dash	7, 8, HS Girls	7, 8, HS Boys
1600 M Run	7, 8, HS Girls	7, 8, HS Boys
1600 M Relay	7, 8, HS Girls	7, 8, HS Boys

Field Events

9:00AM		7 th	8 th	HS		7 th	8 th	HS
*Pole Vault	Girls	5'	5'	7'	Boys	5'6"	6'6"	9'
High Jump	Girls	4'	4'2"	4'4"	Boys	4'6"	4'8"	5'6"
Long Jump	Boys	12'	14'	16'	Girls	12'	12'	14'
Shot Put	Boys			35'	Girls			25'
Discus	Girls			70'	Boys			100'

JH throwers will have 3 throws in a row and will measure furthest 1.