



TAHLEQUAH JR HIGH TRACK MEET



March 7th 2024 • Tahlequah High School

Please read this information carefully and email to confirm your entry.

ogden@tahlequahschools.org

millere@tahlequahschools.org

Tahlequah High School welcomes you to our annual JR High Track Meet to be held at our eight lane all-weather track facility located east of the high school. The meet will be a timed finals event with schedule enclosed.

Entry Deadline: All entries are **DUE** by Monday March 6th, **4:00pm**. No exceptions.

Entry Procedure: This is a Rosters ONLY meet.

ONLINE MEET REGISTRATION:

Entries are to be completed online using RUNENDUROUSA.COM Phone or faxed entries will not be accepted. . If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website (www.runendurousa.com). After you set up your new account, you must UPGRADE your account to "Coach of Record (school meets)". The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on "My Roster List" and continue.

(1) Setup - - then UPGRADE your Run ENDURO USA account so you can add your school and desired roster(s);

(2) After you upgrade, click on "My Roster List" (left side of Home Page) to find your rosters and add students"

(3) Add the meet to your schedule (Main Roster window) and enter your students.

Entry Fee: \$75 per team, per gender (\$75 for girls, \$75 for boys), \$7 per individual if less than 4 members on team. No Refunds. Checks made out to Tahlequah Athletics and mail payment or bring check the day of the race. Mailing Address

Tahlequah Athletics
591 Pendleton
Tahlequah, OK 74464

Time: Coaches Meeting @ 9:30 - Field Events @ 10:00 - Running Events @ 10:00.

Check In: Athletes in lane running events will need to check in at the white track building at the west end of the track at least 30min before their event. Athletes in non-lane running events (3200 Relay, 800, 1600, 1600 Relay) will check in at the start line. Athletes who have not checked in will not be added into the field for that event. Field event athletes will check in at their sites.

Weigh In: All implements will need to be weighed in prior to the competition. Weigh in will be in the white track building.

Divisions: There will be six (6) divisions, 7th Boys & Girls, 8th Boys & Girls, 9th Boys & Girls

Team Points: Awarded to first through sixth place 10-8-6-4-2-1 in individual events and relays 20-16-12-8-4-2.

Awards: Awarded to first, second & third places in all events.
Awarded to first place team in each division.

Limitations: Each contestant will be limited to four events including relays. Each school will be limited to THREE entries in individual events and one entry in relay events. There will be no "B" teams.

Equipment: Blocks will be provided. ¼ inch spikes or shorter required.

OSSAA Rules Apply

There will be a coaches feed. The time for that break will be announced at the coaches meeting. Looking forward to seeing you here and if you have any questions please give me a call or email me.

Don Ogden

Head Track Coordinator

Cell – 918.207.9368

Email- ogdend@tahlequahschools.org
Athletic Director - 918.458.4154



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MEET SCHEDULE

FIELD EVENTS – 10:00 a.m.

High Jump	7B,8B,9B,7G,8G,9G
Long Jump	7G,8G,9G,7B,8B,9B
Shot Put	7G,8G,9G,7B,8G,9B
Discus	9B,8B,7B,9G,8G,7G
Pole Vault	All Boys – All Girls

TIMED FINALS MEET – 10:00 a.m.

All events will be run 7G,8G,9G,7B,8B,9B unless otherwise noted.

We will operate on a rolling schedule, times listed are approximate start times

10:00	3200 METER RELAY	G + B will run together by grade
10:30	100 METER HURDLES	
10:45	110 METER HURDLES	
11:00	100 METER DASH	
11:30	800 METER RELAY	
12:00	800 METER RUN	
12:25	400 METER RELAY	
12:55	400 METER DASH	
1:30	300 METER HURDLES	
1:55	200 METER DASH	
2:15	1600 METER RUN	G + B will run together by grade
2:40	1600 METER RELAY	

- All athletes have been assigned a competitor number. Athletes shall write their competitor number on his or her right hand, which will be used during the event check-in process.
- Athletes in lane running events need to check in at the west end of the track 30 minutes prior to their event(s).
- Athletes in non-lane running events will report to the start finish line, they will not need to check in prior to their event.
- Field event athletes will check in at the event site(s).