

TURPIN CARDINAL TRACK

316 S. Lee
PO Box 187
Turpin OK 73950
Justin Hannah – jhannah@turpinps.org



H.S. Office: (580) 778-3333
Fax: (580) 778-3179
Website – www.turpinps.org
Lance Robinson – lrobinson@turpinps.org

High School, Junior High, and Grade School Track Coaches:

Turpin Schools will be hosting their annual track meets, as listed below. Both meets are sanctioned by the OSSAA. We ask that you **do not use tape for track markings**; we will furnish split tennis balls at each exchange zone and field event area. As usual, we will allow “B” teams, but will not score them unless you wish to pay a separate entry fee. In the 5-8 divisions, we will allow only one “B” team

(3 individuals) per school, except in distance races. The Junior Relays will be FINALS only. The High School Relays will follow the Regional Order of Events. FAT timing will be used.

This is an ENDURO Meet. The meet will be closed @ 5:00PM The day before the meets.

No late entries will be accepted.

School planning on attending this meet must submit their rosters on the www.enduroussa.com

Turpin Booster Club will be hosting a hospitality room, located in the south end of the concession stand for coaches and bus drivers.

Medals will be awarded to places 1-5 and in each division. Medals may be picked up after the meet in the press box. Please call if you have any questions. Points will be scored 10-8-6-4-2-1, Double for relays.

Elementary and Junior High Meets

Meet: Turpin 5-8 Relays **Date: April 15th, 2024** **Divisions: Elem. (5-6), Jr. High (7-8)** Cost: \$75 per team (\$150 Boys and Girls) per division, \$300 for all 4 teams, \$15.00 per individual, if less than five members on a team. “B” teams are same prices if they are to be medaled.

Coaches Meeting: 10:30 a.m. in front of Concession Stand

Start Time: 10:30 a.m.

Senior High Meet

Meet: Turpin HS Relays **Date: April 19th, 2024** **Divisions: High School (9-12)**

Cost: \$90 per High School team (\$180 Boys & Girls), \$15.00 per individual, if less than five members on a team.

Coaches Meeting: 10:30 p.m. in front of Concession Stand

Start Time: 11:00 a.m.

Turpin HS Relays

April 19th, 2024

10:30 AM Coaches Meeting (Heating benches)

11:00 AM **Field Events**

Boys **Pole Vault**

Followed by Girls **Pole Vault**

Boys **Discus**

Followed by Girls **Discus**

Girls **Shot Put**

Followed by Boys **Shot Put**

Boys **High Jump**

Followed by Girls **High Jump**

Girls **Long Jump**

Followed by Boys **Long Jump**

12:00 PM

PRELIMINARIES

(QUALIFY 6 TO FINALS)

400 Relay

Girls, Boys

3200 Relay **FINAL**

Girls, Boys

100 H. Hurdles 33"

Girls

110 H. Hurdles 39"

Boys

100 Dash

Girls, Boys

3200 Run **FINAL**

Boys

800 Relay **FINAL**

Girls, Boys

3200 Run **FINAL**

Girls

200 Dash

Girls, Boys

BREAK

FINALS

400 Relay

Girls, Boys

800 Run

Girls, Boys

100 Hurdles 33"

Girls

110 Hurdles 39"

Boys

100 Dash

Girls, Boys

400 Dash

Girls, Boys

300 I. Hurdles 30"

Girls

300 I. Hurdles 36"

Boys

200 Dash

Girls, Boys

1600 Run

Girls, Boys

1600 Relay

Girls, Boys

Turpin Junior Relays

April 15th, 2024

10:00 AM Coaches Meeting (Heating Benches)

10:30 AM **Field Events**

Qualifying Distances		Shot and Discus - 3 Throws			
Shot	5-6	G- 20'	B- 24'		
	7-8	G- 22'	B- 32'		
Disc	5-6	G- 40'	B- 60'		
	7-8	G- 60'	B- 80'		
LJ	5-6	G- 10'	B- 11'		
	7-8	G- 11'	B- 13'		
HJ	5-6	G- 3'4"	B- 3'8"		
	7-8	G- 4'	B- 4'4"		

Long Jump- West Pit	5/6 Girls- 5/6 Boys
Long Jump- East Pit	7/8 Boys- 7/8 Girls
High Jump- East Pit	5/6 Boys- 5/6 Girls
High Jump- West Pit	7/8 Girls- 7/8 Boys
Discus- South Ring	5/6 Boys- 5/6 Girls
Discus- North Ring	7/8 Boys- 7/8 Girls
Shot Put- South Ring	7/8 Girls- 7/8 Boys
Shot Put- North Ring	5/6 Girls- 5/6 Boys
Pole Vault	7/8 Girls- 7/8 Boys

12:00 PM **Running Events-Timed Finals**

3200 Relay	7/8 Girls- 7/8 Boys
100 Hurdles	5/6 Girls,Boys- 7/8 Girls
110 H. Hurdles	7/8 Boys
400 Relay	5/6 Girls, Boys- 7/8 Girls, Boys
800 Run	7/8 Girls- Boys
100 Dash	5/6 Girls, Boys- 7/8 Girls, Boys
800 Run	5/6 Girls, Boys
800 Relay	5/6 Girls, Boys- 7/8 Girls, Boys
400 Run	5/6 Girls, Boys- 7/8 Girls, Boys
300 Hurdles	7/8 Girls- Boys
200 Dash	5/6 Girls, Boys- 7/8 Girls, Boys
1600 Run	7/8 Girls- 7/8 Boys
1600 Relay	5/6 Girls, Boys- 7/8 Girls, Boys