



**Verdigris Valley Conf. Track Meet**

**April 22, 2024**

**Location: Fort Gibson High School, Leo Donahue Stadium**

**Coaches Meeting - 8:30 am, Field Events - 9:00 am, Running Events - 9:30 am**

**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. - - - NO exceptions this year. - - - 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)

**Exchange Zones: 1. Ft. Gibson 2. Wagoner 3. Catoosa**

**\*Heating Benches will be located south end of FB Field**

**\*No camps on infield (Coaches Only)**

**\*Coaches: Please look and see what assignment your school has been assigned**

**HC - Scott Bethel (918) 774-5540**

**G Asst. - Wes Whiteley (918) 410-6870**

**B Asst. - Clayton Downum (918) 633-3232**

**AD - Chuck london (918) 906-7739**



## **ORDER OF EVENTS**

**RUNNING EVENTS WILL BE RAN 7TH G, 8TH G, HS G, 7TH B, 8TH B, HS B**

**400 RELAY**

**3200 RELAY**

**100 HURDLES**

**110 HURDLES**

**3200 RUN (HS Only)**

**800 RELAY**

**800 RUN**

**100 DASH**

**400 DASH**

**300 HURDLES**

**200 DASH**

**1600 RUN**

**1600 RELAY**

**FIELD EVENTS: ORDER AND SCHOOL ASSIGNMENT, SCHOOL LISTED  
FIRST WILL WORK THE 1ST SESSION**

**\*Shot, Disc, and Long Jump - 3 Attempts, Take Top 8 to finals**

**HIGH JUMP  
LONG JUMP  
POLE VAULT  
DISC  
SHOT**

**MIAMI  
LG /VERDIGRIS  
OOLOGAH/FT. GIBSON  
WAGONER/CATOOSA  
VINITA/HILLDALE**

**7TH B, 8TH B, HS B, 7TH G, 8TH G, HS G  
7TH G, 8TH G, HS G, 7TH B, 8TH B, HS B  
7TH B, 8TH B, HS B, 7TH G, 8TH G, HS G  
7TH B, 8TH B, HS B, 7TH G, 8TH G, HS G  
7TH G, 8TH G, HS G, 7TH B, 8th G, HS B**