

Southern Oklahoma 8 Man Invitational

Track Meet

Friday, April 5, 2024

Waurika High School will host a Junior High and High School Track and Field meet on, Friday, April 5, 2024. **This meet is open to schools that will be playing 8 man football next year (2023-2024). We are also inviting small schools that do not play football.**

Starting Time:	Coaches Meeting	9:00
	Field Events	9:30
	Running Events	10:30

****Admission**

Entry Fee: \$75 per team
Less than 4 members \$10 each.

ATTENTION COACHES: the on-line **Entry DEADLINE is April 6th @ 5pm (Thursday)**. All entries will be CLOSED at 5pm! - - - No late entries accepted Schools planning to attend must submit entries by completing ALL the Steps on our meet's "ENTRIES Window" – including the "VERIFICATION Step". If your team/school does not complete all the online entry steps, it means your students ARE NOT ENTERED. NOTE: your school/team will NOT be entered manually at the meet NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Cara Branson at cara@runenduro.com PREVIEW window: Immediately before departing for our meet, please view our meet's PREVIEW window for any last-minute information that can affect the meet. To find our meet's PREVIEW window, login – then click on our meet in the "Student Meets & Events LIST" (on the right).

Divisions: There will be four divisions.
Junior High Girls
Junior High Boys
High School Girls
High School Boys

Participation: Each athlete may compete in 4 events. Each school may enter 3 in each event. Freshmen may only compete in one division.

Medals: Medals will be awarded to top 5 individuals and top 3 relays.

Inclement

Weather: Call Joe Masoner cell 580-313-0224 or Roger Jessie 580-228-4576 School 580-228-2341

Mail to Joe Masoner
Waurika High School
600 E. Flordia
Waurika, OK 73573

ORDER OF EVENTS

Coaches Meeting: 9:00

Field Events: 9:30

High Jump: JH Girls, JH Boys, HS Girls, HS Boys

Long Jump: HS Girls, HS Boys, JH Girls, JH Boys

Shot: JH Boys, JH Girls, HS Boys, HS Girls

Discus: HS Boys, HS Girls, JH Boys, JH Girls

Pole Vault: NO POLE VAULT

Running Events: 10:00

Order: JH Girls, JH Boys, HS Girls, HS Boys

Timed Finals

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles

110 Meter Hurdles

3200 Meter High School

800 Meter Relay

800 Meter Run

100 Meter Dash

3200 Meter Run Junior High

400 Meter Dash

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay