Checotah Junior High School Track Meet
Tuesday April 15th, 2025

On behalf of the Checotah Public Schools, we are extending an invitation to participate in our
High School Boys and Girls Track and Field Meet. Checotah Schools has an 8 lane Track with
collegiate landing mats.

Location: Checotah High School

Mailing Address: Checotah High School
Attn: Zac Ross
491 W. Paul Carr Drive
Checotah, OK 74426

Fees:

$100.00 for each Division. You are allowed only 3 per event. If you plan on running extra in an event it will be $50.00 more , for a total of $150.00. This extra fee is good for all events. For teams of four athletes or less: $15.00 per person.

Make Checks Payable to: **CHECOTAH PUBLIC SCHOOLS. NO REFUNDS**

ON-LINE ENTRIES- Coaches must submit all entries on the **Athletic.net website**: www.athletic.net — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE**. —**ONLINE ENTRIES DEADLINE:** (**** INSERT DAY PRIOR TO MEET HERE ***) at noon. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Athletic.net account, please email your questions to jhughes@elginps.net.

MEET TIMING & RESULTS- Timing for the meet is provided by **12:1 Running Timing Services.** Live results are available at www.twelve1running.com and www.athletic.net.

Time:

Coaches Meeting will be at 9:00 a.m. in the Weight Room locker room.
Field Events will begin at 9:30 a.m. and running events will begin at 10:00a.m.
This meet is **TIMED FINALS.**

DIVISIONS:

There will be(4) divisions: 7th grade boys and girls, 8th grade girls and boys

NOTE:

There will only be three athletes allowed in each event, unless you pay the extra fee.
Limitations: Each school is limited to one (1) relay team. 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.

Equipment:

Checotah will furnish all starting blocks to contestants. ¼" spikes or shorter are Required.
DO NOT USE TAPE ON THE TRACK.

Restrooms/Concessions:

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Located on the North side and Southeast corners of the football field**. DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!**

Dressing facilities: NO DRESSING FACILITIES.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Zac Ross Head Track
Coach Email Address: zdross@checotah.k12.ok.us
School (918) 473-8083 Fax: (918) 473-473-7174

ORDER OF EVENTS

10:00am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES	GIRLS	
110 M HURDLES		BOYS
3200 METER RUN		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS
3200 METER RUN	GIRLS	
400 METER DASH	GIRLS	BOYS
\ 300 METER LH	GIRLS	
300 METER IH		BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

9:30am

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 Jumps/Throws + Finals