



Coweta Tiger Track Classic



Friday April 18th, 2025 - 5A and Below (12 Team Limit)

On behalf of the Coweta Public Schools, we are extending an invitation to participate in our High School Boys and Girls Track and Field Meet. Coweta Schools have an 8 lane Track and Field Complex just south of the Tiger Football Stadium. Limited to the first 12 confirmed schools.

Schools planning to attend this meet must submit their entries to [OKmilesplit](https://okmilesplit.com) –please contact scott.chronister@cowetaps.org for questions and invitation code

No late entries accepted. - - - Schools planning to attend must submit their entries on the okmilesplit.com website by completing ALL the necessary steps on the “ENTRIES Window”. 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. - - - **DEADLINE IS WEDNESDAY April 16th @5pm**

Location:

Coweta High School
14705 S. 305th St
Coweta OK, 74429

Coweta High School Mailing Address:

Coweta High School
Attn: Kathleen Harris
PO Box 550
Coweta, Ok. 74429

- Bus Parking:** Buses will be parked in the parking lot near the Coweta Football Stadium, please park at the north end of the lot.
- Fees:** \$100.00 for each division; No B teams. Divisions: HS Girls, HS boys, 9th Girls, 9th Boys. For teams of four athletes or less: \$20.00 per person. Make checks payable to: Coweta Public Schools.
- Time:** A coaches meeting will be at 9:30 am in the track building south of the finish line. Field Events will begin at 10:00 am and running events will begin at 11:00 am.
HS 3200m Runners at 10am
- 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.
- Team Points:** Awarded to top six finishers (10 –8 –6 –4 –2 - 1) in individual events and in relays, (20 –16 –12 –8 –4 –2).
- Equipment:** Coweta will furnish all starting blocks to contestants. ¼” spikes, or shorter, are required. DO NOT USE TAPE ON THE TRACK.
- Dressing facilities:** NO DRESSING FACILITIES.
- Lunch Break:** We will feed coaches and workers at the break

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Scott Chronister - Head Track Coach
School (918) 486-4474

Email Address: scott.chronister@cowetaps.org
Dewayne Hunter, AD Office# (918) 486-6103 Fax: (918) 486 7307



Coweta Tiger Track Classic



10:00am

HS 3200 RUN AT 10AM

FIELD EVENTS

High Jump- 9B, HSB, 9G, HSG

Long Jump- HSB, 9B, HSG, 9G

Shot- HSG, 9G, HSB, 9B

Discus- HSB, 9B, HSG, 9G

Pole Vault- 9G, HSG, 9B, HSB

Minimum Measurements/Opening Heights

| | | | | |
|------------|--------------------------------|----------|--------------------------------|----------|
| Shot | (Boys) 9 th - 35' | HS- 40' | (Girls) 9 th - 25' | HS- 30' |
| Discus | (Boys) 9 th - 80' | HS- 120' | (Girls) 9 th - 60' | HS- 80' |
| High Jump | (Boys) 9 th - 4'10" | HS- 5'6" | (Girls) 9 th - 4'2" | HS- 4'6" |
| Pole Vault | (Boys) 9 th - 8' | HS- 10' | (Girls) 9 th - 6' | HS- 7' |

ORDER OF EVENTS

11 am

hs 3200 RUN AT 10AM

| | | |
|-------|--------------------|----------------------------|
| 11:00 | 400 Relay | 9G, HSG, 9B, HSB |
| 11:10 | 3200 Relay | All 9G/9B, HSG, HSB |
| 11:45 | 100 Hurdles | 9G, HSG (9-HS 33in) |
| 12:00 | 110 Hurdles | 9B, HSB (9-36 in, HS 39in) |
| 12:15 | 3200 Run | 9B |
| 12:30 | 800 Relay | 9G, HSG, 9B, HSB |
| 12:45 | 800 Run | 9G, HSG, 9B, HSB |
| 1:05 | 100 M Dash | 9G, HSG, 9B, HSB |
| 1:20 | BREAK (20 MINUTES) | |
| 1:40 | 3200 Run | 9G |
| 2:05 | 400 M Dash | 9G, HSG, 9B, HSB |
| 2:35 | 300 M Hurdles | 9G, HSG, 9B, HSB |
| 2:50 | 200 M Dash | 9G, HSG, 9B, HSB |
| 3:10 | 1600 Run | 9G, HSG, 9B, HSB |
| 3:35 | 1600 Relay | 9G, HSG, 9B, HSB |

NOTE: SHOT PUT, DISCUS, LONG JUMP, will be prelims/finals format, will be 3 throws/jumps in the prelims and 3 in the finals, 8 athletes will be taken to the finals

We will use qualifying marks in the shot, disc, and long jump. The distances will be determined at the 9:30 am coaches meeting.

All implements must be marked with appropriate weights