

# GLENPOOL INVITATIONAL TRACK MEET

## HIGH SCHOOL

### March 14<sup>th</sup>, 2025

On behalf of the Glenpool Public School System, we extend to you and your teams a sincere invitation to participate in our high school boys and girls track and field meet. **This will be an invitation meet only.** (You must have the "Invitation Code" to enter.)

**ENTRY FEE:** \$100 for each boys and girls teams. \$50 for each B team, boys and girls. \$20 per individual if less the four (4) members on a team.

**TIME:** All teams report to Glenpool Football Field by 8:30 a.m. for coaches meeting. Field events will begin at 9:00 a.m. timed finals in running events at 9:15 a.m.

**DIVISIONS:** There will be two (2) divisions: HS boys and HS girls.

**LIMITATIONS:** Each contestant is limited to four (4) events, including relays, each school is limited to three (3) entrants in each event and one (1) team in each relay.

Three (3) throws will be given in the shot, discus and long jump. We will bring 8 back for the finals.

**MEDALS:** Awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in all events.

**PLAQUES:** Awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams.

**TEAM POINTS:** Awarded to 1<sup>st</sup> thru 6<sup>th</sup> places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2).

**EQUIPMENT:** Glenpool will furnish all starting blocks to contestants. 3/16" or shorter spikes are required.

There will be a coaches feed at the break. We hope that you and your teams can be with us for this track meet. - - - OSSAA RULES APPLY for this meet.

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**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Thursday, March 13<sup>th</sup> @ 1pm.** Schools planning to attend must submit their entries on the [Athletic.Net](#) website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: [cara@runenduro.com](mailto:cara@runenduro.com).

**If you plan to attend,**

- You must notify Ted Smith at TSSMITH@glenpoolps.org or (918-322-9500 ext. 825.)

# GLENPOOL HIGH SCHOOL INVITATIONAL TRACK MEET

March 14th, 2025

## ENTRY FORM

SCHOOL \_\_\_\_\_ Phone \_\_\_\_\_

COACH \_\_\_\_\_

TEAMS(Check the ones you will have)

HS Boys \_\_\_\_\_ HS Girls \_\_\_\_\_

Make Check payable to Glenpool Schools.

\$100 per team or \$20 per individual, if less than 4 members on a team. \$50.00 for B teams.

Amount paid \_\_\_\_\_

PLEASE MAIL TO KATHY TYREE  
GLENPOOL SCHOOLS  
PO BOX 1149  
GLENPOOL, OK 74033

## ORDER OF EVENTS

9:15 am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES	GIRLS 33"	
110 M HURDLES		BOYS
3200 METER RUN		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS
<i><u>Proposed Break</u></i>		
3200 METER RUN	GIRLS	
400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS 30"	
300 METER IH		BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

9:00 am

### FIELD EVENTS

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