



**Hennessey High School Track Meet**  
**4A and Under**  
**Public Schools Only**

On behalf of Hennessey Public Schools, we would like to invite you and your teams to participate in our track meet. This will be a timed finals meet.

**DATE:** March 14th, 2025

**TIME:** Coaches meeting will be held at 10:00 A.M. with field events starting promptly at 10:15 A.M. and running events at 11:00 A.M.

**DIVISIONS:** 2 divisions; High School Girls and High School Boys

**PARTICIPATION:** Only four (4) events may be entered by one contestant. Each team may enter three (3) contestants per individual event and one (1) team per relay event.

¼" or less pyramid spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.

**ENTRY FEE:** Fee is \$90 per team, or \$180 for both teams. If less than four (4) athletes from a school, the fee is \$18 per athlete. Please make checks payable to Hennessey Public Schools.

**AWARDS:** Medals will be awarded for 1st – 5th place for individual events and relays. Team scores will be kept, and team trophies will be presented.

A concession stand will be open.  
Hospitality room available for coaches.

**Contact Information:**  
(cell) 405-853-0088 (Cox)  
(cell) 405-693-5026 (Baxter)  
[cbaxter@hps.k12.ok.us](mailto:cbaxter@hps.k12.ok.us)  
[mcox@hps.k12.ok.us](mailto:mcox@hps.k12.ok.us)

**ENTRY PROCEDURE:** No late team entries accepted. Schools planning to attend must submit their entries on the athletic.net website. Go to Events. Find the meet on the calendar to register.

Please email [cbaxter@hps.k12.ok.us](mailto:cbaxter@hps.k12.ok.us) if you are planning to attend to confirm entries. ON-LINE ENTRY DEADLINE: March 13th @ 5pm. (Thursday)



**Hennessey  
High School Order of Events**

**Field Events: 10:15 am**

Shot Put: Boys - Girls  
Discus: Girls - Boys  
Long Jump: Girls - Boys  
High Jump: Boys - Girls  
Pole Vault: Girls - Boys

**Running Events: 11:00 am**

**\*\*\* Timed Finals \*\*\***

400 Meter Relay Girls Boys  
3200 Meter Relay Girls Boys  
100 Meter Hurdles 33" Girls  
110 Meter Hurdles 39" Boys  
3200 Meter Run Boys  
800 Meter Relay Girls Boys  
800 Meter Run Girls Boys  
100 Meter Dash Girls Boys

**PROPOSED BREAK**

3200 Meter Run Girls  
400 Meter Dash Girls Boys  
300 Meter Hurdles 30" Girls  
300 Meter Hurdles 36" Boys  
200 Meter Dash Girls Boys  
1600 Meter Run Girls Boys  
1600 Meter Relay Girls Boys