

**Location:** Idabel High School

**Date:** Thursday April 10, 2025

**Coaches Meeting:** 9:30



## Skippy Smith Relays

Online Entries through **Athletic.net**: Schools planning to attend our meet must submit their entries on the **Athletic.net** website. This is a "Seeded Entries" meet. The online ENTRY DEADLINE will be posted on the **Athletic.net** site. NO LATE ENTRIES. 16 Team total.

**Coaches Meeting:** 9:30 a.m. in the weight room at the south of the stadium. **Field Events:** 10:00 a.m.

**Running Events:** 10:30 a.m. **Two Divisions:** High School Boys and Girls. **Awards:** Medals will be awarded to the first three (3) places in each individual event and to the first three (3) places in each relay event. **Field Events:** Each competitor will have four (4) throws and four (4) jumps. **Heating:** Heating will be done on the benches on the infield near the starting line. ¼ in. spikes or shorter only. Blocks provided. HB Relay = at least one female. **Concession/Admission:** The concession stand will be open. Admission will be charged for spectators (\$5.00 - Adults and \$3.00 - Students). Restrooms are available.

**Parking:** Bus parking will be at the East parking lot by the Softball Field complex.

**Team Camps:** All team camps will be outside the football field and track on the North and East side. No tents will be allowed near the main entrance or on the south side.

**Entry Fee:** \$100 per Division, \$20 individual (More than 4 equals a team)

**Make checks payable to:** Idabel High School Track **Mail to:** 901 E. Lincoln Rd, Idabel, OK 74745

**Track Meet Questions:** Please text Sanda Gambol (580) 579-5221, John Harjo (580) 372-7467. In case of inclement weather please call or text.

## Skippy Smith Relays Order of Events

**9:30am Coaches Meeting**

**10:00am Field Events:**

Shot: Girls/Boys

Discus: Boys/Girls

Long Jump: Girls/Boys

High Jump: Boys/Girls

Pole Vault: Girls/Boys

**10:30am Running Events:**

**RUNNING ORDER:**

Girls/Boys

4x800 RELAY

100M HURDLES

110M HURDLES

4x100 RELAY

3200M RUN

4x200 RELAY

800M RUN

100M DASH

400M DASH

300M HURDLES

200M DASH

1600M RUN

HONEYBUN RELAY

4x400 RELAY



Will be in the Hospitality Room for Coaches and Teacher workers