



Konawa Junior High Meet (3A and Below)

Date: Tuesday, March 25, 2025

Coaches Meeting: 9:00 AM.

Location: Konawa Track

We would like to invite you and your teams to participate in our Junior high boys and girls track and field meet. Please read the information below regarding the meet.

ENTRY FEE: \$80.00 for each boys and girls team. \$20.00 per individual if less than four (4) members on a team.

TIME: All teams report to the Konawa Track by 9:00 AM. We will have our coaches meeting in the multipurpose gymnasium located east of the track. Field events will begin at 9:30 AM and running events will begin at 10:00 AM.

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 and discus, and three (3) jumps in long jump.

MEDALS: Awarded to 1st-5th in individual events and 1st-3rd in relays.

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

HOSPITALITY: Lunch will be provided for coaching staff in our multipurpose gymnasium. We will have donuts and refreshments for the coaches meeting.

Konawa Junior High Track Meet

March 25th, 2025

Order of Events

Field Events begin at 9:30

- High Jump 7th G, 8th G, 7th B, 8th B
- Long Jump 7th B, 8th B, 7th G, 8th G
- Shot 8th G, 7th G, 8th B, 7th B
- Discus 8th B, 7th B, 8th G, 7th G

Running events begin at 10:00

- 400 Relay 7th G, 8th G, 7th B, 8th B
- 3200 Relay 7th G, 8th G, 7th B, 8th B
- 100 Hurdles 7th G, 8th G
- 110 Hurdles 7th B, 8th B
- 800 Relay 7th G, 8th G, 7th B, 8th B
- 800 Run 7th G, 8th G, 7th B, 8th B
- 100 Dash 7th G, 8th G, 7th B, 8th B

Proposed 20 minute break

- 400 Dash 7th G, 8th G, 7th B, 8th B
- 300 Hurdles 7th G, 8th G, 7th B, 8th B
- 200 Dash 7th G, 8th G, 7th B, 8th B
- 1600 Run 7th G, 8th G, 7th B, 8th B
- 1600 Relay 7th G, 8th G, 7th B, 8th B

KONAWA JUNIOR HIGH INVITATIONAL TRACK MEET

March 25th, 2025

ENTRY FORM

SCHOOL_____

COACH_____

TEAMS (Check the one you will have)

7th Boys_____ 7th Girls_____

8th Boys_____ 8th Girls_____

\$80 per team or \$20.00 per individual, if less than 4 members on a team per division.

Amount Paid _____

If you are mailing a check, please make it out to Konawa School and mail to:

Nancy Wilson
Konawa Public School
701 W South Street
Konawa, OK 74849