



## **Konawa Elementary Meet**

Date: Tuesday, April 8, 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, 2nd, and 3rd places in all events.

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 Elementary Track Meet**

April 8th, 2025

Order of Events

### Field Events begin at 9:30

- High Jump 5th G, 6th G, 5th B, 6th B
- Long Jump 5th B, 6th B, 5th G, 6th G
- Shot 6th G, 5th G, 6th B, 5th B
- Discus 6th B, 5th B, 6th G, 5th G

### Running events begin at 10:00

- 400 Relay 5th G, 6th G, 5th B, 6th B
- 3200 Relay 5th G, 6th G, 5th B, 6th B
- 100 Hurdles 5th G, 6th G
- 110 Hurdles 5th B, 6th B
- 800 Relay 5th G, 6th G, 5th B, 6th B
- 800 Run 5th G, 6th G, 5th B, 6th B
- 100 Dash 5th G, 6th G, 5th B, 6th B

### Proposed 20 minute break

- 400 Dash 5th G, 6th G, 5th B, 6th B
- 300 Hurdles 5th G, 6th G, 5th B, 6th B
- 200 Dash 5th G, 6th G, 5th B, 6th B
- 1600 Run 5th G, 6th G, 5th B, 6th B
- 1600 Relay 5th G, 6th G, 5th B, 6th B

KONAWA ELEMENTARY INVITATIONAL TRACK MEET

April 8th, 2025

ENTRY FORM

SCHOOL\_\_\_\_\_

COACH\_\_\_\_\_

TEAMS (Check the one you will have)

5th Boys\_\_\_\_\_5th Girls\_\_\_\_\_

6th Boys\_\_\_\_\_6th 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