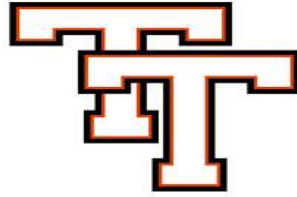


# METRO-LAKES TRACK AND FIELD

@Tahlequah High School

May 1<sup>st</sup>: Thursday - 7<sup>th</sup>. & 8<sup>th</sup> -



# CONFERENCE CHAMPIONSHIPS

9:30 am

May 2<sup>nd</sup> Friday - 9<sup>th</sup>. & HS - 9:30 am

On behalf of Tahlequah High School, we would like to welcome you and your athletes to the 2025 Metro-Lakes Conference Track and Field Championships.

**Entries:** Teams must submit entries on [Athletic.net](https://athletic.net) the day before each meet at 5:00 pm. This meet will be a SEEDED meet. No late entries will be accepted.

**Location:** Tahlequah High School campus, 591 Pendleton

**Bus parking:** Buses will be allowed to park north of campus at either the TMAC parking area or at Cornerstone Church. **Parking is NO longer allowed at the Central Alternative School parking lot.**

**Team camps:** Southeast corner of the track area outside the fence. No camps on the infield.

**Limitations:** Three athletes in individual events and one relay per school. No exceptions. All rules of the OSSAA will be followed.

**Awards:** Medals to top 3 per event and relays. One team award for the champions of each boy's and girl's divisions; 9<sup>th</sup> and HS.

**Scoring:** State meet scoring (10, 8, 6, 4, 2, 1)

**Equipment:** THS will provide all starting blocks, ¼ inch spikes or less required. All shots and disc will be weighted.

Conference worker schedule:

**Finish line:** Tahlequah Public Schools

**Timing:** Collinsville

**HJ:** Pryor **PV:** Grove **LJ:** Glenpool **Shot:** Coweta **Discus:** Claremore

Exchange 1: Pryor Exchange 2: Glenpool Exchange 3: Claremore

# **Metro Lakes Conference Junior High**

## **Order of Events**

**Coaches Meeting 9:00 am**

### **Field Events 9:30 am**

High Jump 7G, 8G, 7B, 8B

Long Jump 7B, 8B, 7G, 8G

Shot 7G, 8G, 7B, 8B

Discus 7B, 8B, 7G, 8G

Pole Vault 7G, 8G, 7B, 8B

### **Minimum Measurements/Opening Heights**

Shot (Boys) 7- 25' 8- 30' (Girls) 7- 20' 8- 20'

Discus (Boys) 7- 70' 8- 80' (Girls) 7- 50' 8- 60'

High Jump (Boys) 7- 4'6" 8- 4'8" (Girls) 7- 4' 8- 4'2"

Pole Vault (Boys) 7- 6' 8- 7' (Girls) 7- low' 8- low

### **Timed Finals 10:00 am**

400 RELAY 7G, 8G, 7B, 8B

3200 RELAY 7G, 8G, 7B, 8B

100 H 30" 7G, 8G

110 H 30" 7B, 8B

800 RELAY 7G, 8G, 7B, 8B

800 RUN 7G, 8G, 7B, 8B

100 M DASH 7G, 8G, 7B, 8B

400 M DASH 7G, 8G, 7B, 8B

300 H 30" 7G, 8G, 7B, 8B

200 M DASH 7G, 8G, 7B, 8B

1600 RUN 7G, 8G, 7B, 8B

1600 RELAY 7G, 8G, 7B, 8B

# **Metro Lakes Conference High School Schedule of Events**

**Coaches Meeting 9:00 am**

## **Field Events 9:30 am**

High Jump- 9B, HSB, 9G, HSG

Long Jump- HSB, 9B, HSG, 9G,

Shot- HSG, 9G, HSB, 9B

Discus- HSB, 9B, HSG, 9G

Pole Vault- 9G, HSG, 9B, HSB

## **High School Minimum Measurements/Opening Heights**

Shot (Boys) 9th- 35' HS- 40' (Girls) 9th- 25' HS- 25'

Discus (Boys) 9th- 80' HS- 110' (Girls) 9th- 60' HS- 80'

High Jump (Boys) 9th- 4'10" HS- 5'6" (Girls) 9th- 4'4" HS- 4'6"

Pole Vault (Boys) 9th- 8' HS- 10' (Girls) 9th- low HS- 7'

## **Timed Finals 10:00am**

400 Relay 9-HS Girls, 9-HS Boys

3200 Relay All Girls, All Boys

100 Hurdles 9-HS Girls (9-HS 33in)

110 Hurdles 9-HS Boys (9-36 in, HS 39in)

3200 Run All Girls, All Boys

800 Relay 9-HS Girls, 9-HS Boys

800 Run 9-HS Girls, 9-HS Boys

100 M Dash 9-HS Girls, 9-HS Boys

400 M Dash 9-HS Girls, 9-HS Boys

300 M Hurdles 9-HS Girls, 9-HS Boys

200 M Dash 9-HS Girls, 9-HS Boys

1600 Run 9-HS Girls, 9-HS Boys

1600 Relay 9-HS Girls, 9-HS Boys