**Okeene Junior High Invitational**

**Track Meet**

**Monday April 7th, 2025**

Okeene would like to invite you to attend our 11th annual Junior High Boys and Girls Track Meet. It will be held on Monday, April 7th. This meet will be open to schools in class 3A and down, **Public Schools Only.**

**Divisions:** 7th & 8th boys and 7th & 8th girls.

**Time:** 10:00 A.M. Coaches Meeting

10:30 A.M. Field Events begin

11:00 A.M. Two Mile Relay

11:30A.M. Running Events begin

**Limitations:** Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay.

Three throws will be allowed in shot put and three attempts in the long jump. There will also be a boys and girls pole vault and high jump.

· On-line Entry Deadline: Saturday, April 5th @ 5pm. * * * * All entries must be completed on-line at: www.athletic.net Be sure to designate each athlete as "A", or "B" Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline.

**Awards:** Medals will be given to the top five places in each event.

**Team Points:** 10-8-6-4-2-1, with double points on relays.

**Equipment:** We have a 6 lane Reslite Track and we request that only short (1/4) spikes or flat shoes are worn on this surface. Okeene will furnish starting blocks.

**Entry fee:** $75 per team or $150 for both boys and girls. Individual fees are $15 per athlete up to 4 athletes.

- We will have a concession stand in operation throughout the meet for fans and participants. **We will also feed the Coaches.**
- If you wish to run a few B-team athletes or relays that is fine. There will be no extra charge for them. They will however **not** point or place. **Please limit this number**.
- If you have any questions please call Patrick Penner at Okeene High School

(580-822-3219) Cell – (405-323-8384)

**Okeene Junior High**

**Invitational Track Meet**

**April 1, 2025**

**10:00 a.m. Coaches Meeting**

**10:30 p.m. Field Events:** Each contestant will be awarded three (3) attempts in the long jump, shot put, and discus throw.

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|---|---|
| High Jump | JHB-JHG |
| Long Jump | JHG-JHB |
| Discus | JHG-JHB |
| Shot | JHB-JHG |
| Pole Vault | JHB-JHG |

**11:00 p.m.** 3200 Relay JHG-JHB

**11:30 p.m. Timed Finals**

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|---|---|
| 400 Relay | JHG-JHB |
| 100 Hurdles | JHG |
| 110 Hurdles | JHB |
| 800 Relay | JHG-JHB |
| 800 Run | JHG-JHB |
| 100 Dash | JHG-JHB |
| 400 Dash | JHG-JHB |
| 300 Hurdles | JHG-JHB |
| 200 Dash | JHG-JHB |
| 1600 Run | JHG-JHB |
| 1600 Relay | JHG-JHB |