



Oklahoma Union Athletics

13925 State Highway 10

South Coffeyville, OK 74072

Office - (918) 255-6551

Head Track Coach - Kirk Jackson cell - (405) 570-3615

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Athletic Director - Riley Duncan

Friday, March 28th, 2025

Oklahoma Union Schools would like to invite you and your team to participate in our Junior High Boys and Girls Track and Field meet. We will have 7th and 8th grade divisions of both boys and girls track and field events on our 6 lane track.

Time -

Coaches Meeting at 9:30AM (in the hospitality room)

Field Events at 10:00

Running Events at 10:30

ATTENTION COACHES: the On-line Entry DEADLINE is: **Thursday, March 27th @ 1pm**. Schools planning to attend must submit their entries on the [Athletic.Net](https://athletic.net) website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: cara@runenduro.com.

Entry Fee - Divisions 7th Girls, 7th Boys, 8th Girls, and 8th Boys.

\$75 per division (\$10 per individual) \$250 if entering in all 4 divisions.

Limitations - Each Contestant is limited to four events - including relays. Each school is limited to three entrants in each event per division and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

Medals - Medals will be awarded for 1st place through 3rd place in each event.

Team Points - Individual events will score: 10-8-6-4-2-1

Relay events will score: 20-16-12-8-4-2

Equipment - OKU will provide starting blocks and asks that you use 1/4" spikes or smaller to maintain the surface of our track. Please limit the use of tape on the running surface.

Hospitality Room - A hospitality room will be provided for coaches in the back room (west end) of the old field house.

Schedule of Events

Field Events

10:00AM	High Jump	7 th Boys, 7 th Girls, 8 th Boys, 8 th Girls
	Long Jump	7 th Girls, 7 th Boys, 8 th Girls, 8 th Boys
	Shot Put	8 th Boys, 8 th Girls, 7 th Boys, 7 th Girls
	Discus	8 th Girls, 8 th Boys, 7 th Girls, 7 th Boys
	Pole Vault	7 th Boys, 7 th Girls, 8 th Boys, 8 th Girls

Running Events

10:30AM	400 Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
	3200 Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
	100 Hurdles	7 th Girls, 8 th Girls (30")
	110 Hurdles	7 th Boys, 8 th Boys (33")
	800 Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
	800 Run	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
	100 Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys

Break for Lunch

400 Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
300 Hurdles	7 th Girls, 8 th Girls (30")
300 Hurdles	7 th Boys, 8 th Boys (30")
200 Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
1600 Run	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
1600 Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys