HS Track Meet

03/28/2025

On behalf of the Okmulgee High School and Okmulgee Public Schools we are extending an invitation to participate in our High School Boys and Girls Track and Field meet.

Location: Harmon Stadium601 E. 12th Street Okmulgee, OK 74447 (West on 13th off Highway 75, then tum right on Rogers Street. Buses park in the big parking lot. (918) 758-2075

Entry Fee $150.00 for each division if you confirm early, $160.00 if you don't confirm. For teams of four athletes or less: $20 per person.

Please make checks payable to: Okmulgee High School Track

ATTENTION COACHES: the On-line Entry DEADLINE is: Thursday, March 27th @ 1pm. Schools planning to attend must submit their entries on the 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.and if you have any questions please email me at: Dpankey@okinulgeeps.com or call my cell phone (918) 521-2329.

Divisions: There will be 4 divisions: Boys, Girls - - - OSSAA TRACK RULES APPLY
Date/fime: March 28th, 2025: Coaches meeting will be at 9:30am and the meet starts at 10am

Limitations: Each school is limited to 1 relay team per division. B team are permitted only by permission of Coach Pankey with a fee of $20.00 per B Team. Each school is limited to 3 competitors per event. Each contestant is limited to 4 events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Trophies: Plaques will be awarded to the 1st and 2nd place teams in both divisions.

Points: Points will be scored as followed: 10, 8, 6, 4, 2, 1, and doubled for relays

Equipment: Okmulgee will furnish all starting blocks (Spikes or shorter are required)

Dressing Facilities and restrooms will be on the south side of the stadium.

Dinner: We will have dinner during the m;eet for coaches and workers

Department of Athletics

March 28th, 2025

9:30am: Coaches meeting in the locker room

10:00am: Field Event Begins

Note: There will be 3 jumps and throws in the field events and the top 8 will go to finals for 3 more attempts.

Long Jump: Boys, Girls

Short Jump: Girls, Boys

Discus: Boys, Girls

Pole Vault: Boys, Girls

High Jump: Girls Boys

Timed Final ***Meet***

10:00am: 400 Relay Girls, Boys

3200 Relay: Girls, Boys

100 Hurdles 33" Girls

110 High 39" Boys.

100m Dash: Girls, Boys

3200 Run Boys

800 Relay: Girls, Boys

3200 rim: Girls

BREAK FOR 40 MINUTES

400m Dash: Girls, Boys

800m Dash: Girls, Boys

300 Hurdles: Girls, Boys

200M Dash: Girls, Boys

1600m Run: Girls; Boys··'--

1600m.Relay: Girls, Boys

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