JH Track Meet

April 1st, 2025

On behaif of the Okmulgee High School and Okmulgee Public Schools We ate extending an invitationto participate in our High School Boys and Girls Track and Field meet.

Location: Harmon Stadiuni 601 E. 12th Street Okmulgee, OK 74447 (West on 13th off Highway 75, thenturiiright on Rogers Street. Buses park in the big parking lot. (918) 758-2075

Entry Fee: $100.00 for each division if you confirm early, $110.00 if you don't confirm. For teams of four athletes or less: $20.00 per person.

PLEASE MAKE CHECKS OUT TO: OKMULGEE HIGH SCHOOL TRACK

ATTENTION COACHES: the On-line Entry DEADLINE is: Monday, March 31st @ 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: Dpa.nkey@okmulgeeps.com or call my cell phone (918) 521-2329.

Divisions: There will be 4 divisions: Boys, Girls - - - OSSAA TRACK RULES APPLY
Dateffime: April 1st, 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 liniited to 3 competitors per event Each contestant is limited to 4 events, includ1ng relays and field events.

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

Trophies: Plaques will be awarded to the l5[1] 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 meet for coaches and worker

April l't, 2025

9:30am Coaches meeting in the locker mom

10:00am Field Events Begin

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

Long Jumps: Boys, Girls (7B-8B-9B-7G-8G-9G)

Shot: Girls, Boys (7G-8G-9G 7B..:8B-9B)

Discus: Boys, Girls (7B-8B-9B-7G-8G-9G)

Pole Fault: Boys, Girls(7G-8G-9G-7B-8B-9B)

High Jump: Girls, Boys(7G-8G-9G-7B-8B-9B)

Times Finals Meet

10:00AM	400Relay	Girls	Boys
	3200 Relay	Girls	Boys
	100 Hurdles	Girls	Boys
	110Highs	X	.Boys
	1oom Dash	Girls	Boys
	3200 Run	X	Boys
	800 Relay	Girls	Boys
	3200 Run	Girls	X

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

There will be coaches meals provided at the end of the girls 3200 run