

Oologah HS/MS Track Invitational

DATE: Thursday, March 27, 2025

TIME: COACHES MEETING 9:00 AM

FIELD EVENTS 9:30 AM

RUNNING EVENTS 10:00AM

COST: \$100.00/TEAM \$500 FOR ALL SIX DIVISIONS

\$20.00/INDIVIDUAL

DIVISIONS: THERE WILL BE SIX DIVISIONS.

HS BOYS, HS GIRLS, 8thBOYS, 8th GIRLS, 7TH BOYS AND 7TH GIRLS

PARTICIPATION: EACH SCHOOL IS LIMITED TO THREE PARTICIPANTS PER EVENT.

PARTICIPANTS MAY ENTER NO MORE THAN FOUR EVENTS. STARTING BLOCKS WILL BE PROVIDED AND SPIKES SHOULD BE ¼" OR SHORTER. OSSAA RULES APPLY.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, March 26th @ 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.

SEND ENTRY FEES TO: OOLOGAH ATHLETICS

OOLOGAH HIGH SCHOOL

ATTN: Dru Dixon, ATHLETIC DIRECTOR

10700 S. HWY 169

OOLOGAH, OK 74053

*****ALL PARTICIPANTS MUST BE REGISTERED ON athletic.net*****

LIMIT 15 TEAMS

AWARDS: MEDALS TO THE TOP 3 PERFORMERS IN EACH EVENT.

PLAQUES TO THE TOP 2 TEAMS IN EACH DIVISION

LOCATION: OOLOGAH HIGH SCHOOL (MUSTANG STADIUM)

10700 S. HWY 169, OOLOGAH, OK 74053

ATHLETIC DIRECTOR: Dru Dixon, dru.dixon@oologah.k12.ok.us

TRACK COACH: BRIAN BARNES (MALE), SHAWN DRIVER (FEMALE) PHONE: 918-443-6000 x6174

EMAIL: shawn.driver@oologah.k12.ok.us, or brian.barnes@oologah.k12.ok.us

***Restrooms and Concessions will be available.**

***There will be a Coaches Hospitality Room.**

PLEASE EMAIL OR CALL BY MARCH 1ST TO CONFIRM ATTENDANCE.

ORDER OF EVENTS

Field Events

9:30 a.m.

High Jump 7G-8G-HSG-7B-8B-HSB
Long Jump 7B-8B-HSB-7G-8G-HSG
Shot 8G-7G-HSB-8B-7B-HSG
Discus 8B-7B-8G-7G-HSG-HSB
Pole Vault 8B-8G-HSG-7B-7G-HSB

Timed Finals

10:00 a.m.

400 Relay 7G-8G-HSG-7B-8B-HSB
3200 Relay 7G-8G-HSG-7B-8B-HSB
100 Hurdles 7G-8G 30"
100 Hurdles HSG 33"
110 Hurdles 7B-8B 33"
110 Hurdles HSB 39"
3200 Run HSB
800 Relay 7G-8G-HSG-7B-8B-HSB
800 Run 7G-8G-HSG-7B-8B-HSB
100 Dash 7G-8G-HSG-7B-8B-HSB

Break 20 MINUTES IF NEEDED

3200 Run HSG
400 Dash 7G-8G-HSG-7B-8B-HSB
300 Hurdles 7G-8G-HSG-7B-8B-HSB
200 Dash 7G-8G-HSG-7B-8B-HSB
1600 Run 7G-8G-HSG-7B-8B-HSB
1600 Relay 7G-8G-HSG-7B-8B-HSB

***THANKS FOR YOUR PARTICIPATION; PLEASE
CLEAN UP YOUR CAMP AREA.***