



## Tishomingo Indian Junior High

### Invitational

7<sup>th</sup> & 8<sup>th</sup> Grades

April 3rd, 2025

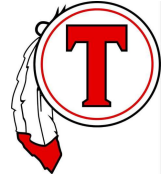
Coaches, we are proud to invite you to our Tishomingo Indian Junior High Invitational. We have a brand new track with an eight-lane all-weather track.

- Coaches meeting 9:00 in the field house, field events begin at 9:30 and running events will begin at 10:00.
- There will be four divisions: 7th Grade Girls, 7th Grade Boys, 8th Grade Girls, 8th Grade Boys
- Entry Fee: \$70.00 per division
- ON-LINE ENTRES - - - see below - -
- Entry Deadline: day before the meet (April 2nd) @ 1pm. (see below)
- Qualifying heights and distances to be determined at the coaches meeting. (There will be a qualifying mark in shot put, discus, and long jump.), each athlete will get three competitive measured attempts.
- All running events will be automated timed finals.
- Hospitality room provided for coaches and administrators in the Field House.
- Coaches, please have only athletes who are warming up, competing, or cooling down on the infield. NO camps allowed on the infield.
- Custom medals awarded to the top **three** relay finishers and top **five** finishers in all other events.
- ¼ inch spikes or shorter ONLY, starting blocks will be provided.
- Bus Parking will be behind the Visitors bleachers on the South side of the Football stadium.

### OSSAA Rules apply

If you plan on attending, need further information, or in case of inclement weather, please contact one of these coaches: Jeff Alexander- Cell 903-818-3181, [jalexander@tishomingo.k12.ok.us](mailto:jalexander@tishomingo.k12.ok.us); AD Scott O'Hara- Cell 405-589-1955, [sohara@tishomingo.k12.ok.us](mailto:sohara@tishomingo.k12.ok.us) or Asst. AD Kirk LaFevers-Cell 580-387-9863, [klafevers@tishomingo.k12.ok.us](mailto:klafevers@tishomingo.k12.ok.us).

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Wednesday, April 2nd @ 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](mailto:cara@runenduro.com).



## ORDER OF EVENTS

### **FIELD EVENTS – 9:30 A.M.**

Long Jump -7-G, 8-G, 7-B, 8-B

High Jump -7-B, 8-B, 7-G, 8-G

Shot Put 8-G, 7-G, 8-B, 7-B

Discus 8-B, 7-B, 8-G, 7-G

Pole Vault 8-G, 7-G, 8-B, 7-B (depending on numbers we may group vaulters)

### **TIMED FINALS - 10:00 A.M.**

400 Meter Relay Girls-Boys

3200 Meter Relay Girls-Boys

100 Meter Hurdles Girls-Boys

800 Meter Relay Girls-Boys

800 Meter Run Girls-Boys

100 Meter Dash Girls-Boys

400 Meter Run Girls-Boys

300 Meter Hurdles Girls-Boys

200 Meter Dash Girls-Boys

1600 Meter Run Girls-Boys

1600 Meter Relay Girls-Boys