



## Commerce Public Schools

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(918) 675-4316  
Fax (918) 675-4464



Dear Coach,

On behalf of the Commerce Public School system, we extend to you and your school system an invitation to participate in our track and field meets. Schools invited will be **3A and under for Oklahoma schools (ADM 255 and lower for out of state schools)**. We will be hosting a high school meet on **Thursday, April 23**, a 4 Division 7-8 meet and 5-6 meet on **Wednesday, April 22** (7-8 Girls, 7-8 Boys, 5-6 Girls, and 5-6 Boys).

***We will be giving medals to the top 3 places in each event and giving 6 places of ribbons in the 5-6 division.*** We will use an **electronic timing system** and will keep team points, but **will not** give out team plaques.

Our track is a 6 lane track that is located behind the high school gym. Please park your bus between the visitors bleachers and the baseball field. ***Please use 1/4" spikes or less.***

Our athletic department has selected the following dates for our meets:

**5-6 and 7-8 Meet Wednesday, April 22, 2026 (5-6 Girls, 5-6 Boys, 7-8 Girls, 7-8 Boys).** The entry fee is **\$70 per division or \$14 per individual if your school has less than 5 participants.** Coaches meeting at 9:15 AM and the meet will start at 9:30 AM. ***Email a roster of all possible athletes that may be participating by 4:00 PM on April 21, 2026 to one of the coaches that are listed.***

**HS Meet Thursday, April 23, 2026 (Boys and Girls Division).** The entry fee is **\$90 per team or \$18 per athlete if your school has less than 5 participants.** Coaches meeting at 3:30 PM and the field events will start at 3:45 and the running events at 4:00 PM. ***Email a roster of all possible athletes that may be participating by 4:00 PM on April 22, 2026 to one of the coaches that are listed.***

Rusty Barker Athletic Director <a href="mailto:rbarker@commercetigers.net">rbarker@commercetigers.net</a> (918) 541-0932	Logan Cawyer Head Boys Coach <a href="mailto:lcawyer@commercetigers.net">lcawyer@commercetigers.net</a> (918) 533-1650	Bruce Rhodes Head Girls Coach <a href="mailto:brhodes@commercetigers.net">brhodes@commercetigers.net</a> (918) 533-1261
Brooke Jackson Asst. Athletic Director <a href="mailto:sjackson@commercetigers.net">sjackson@commercetigers.net</a> (580) 763-7373	Jerry Myers 7-8 Girls Coach <a href="mailto:jmyers@commercetigers.net">jmyers@commercetigers.net</a> (918) 961-1292	Matt Poteet 7-8 Boys Coach <a href="mailto:mpoteet@commercetigers.net">mpoteet@commercetigers.net</a> (918) 325-1596

# **HS ORDER OF EVENTS**

## **Field Events–3:45 PM**

High Jump: Girls, Boys  
Long Jump: Boys, Girls  
Discus: Girls, Boys  
Shot Put: Boys, Girls  
Pole Vault: Boys, Girls

## **Timed Finals Meet–4:00 PM**

400 (4 x 100) Meter Relay  
3200 (4 x 800) Meter Relay  
100 Meter Hurdles–33" (girls)  
110 Meter Hurdles–39" (boys)  
3200 Meter Run (boys)  
800 (4 x 200) Meter Relay  
800 Meter Run  
100 Meter Dash

## **BREAK**

3200 Meter Run (Girls)  
400 Meter Dash  
300 Meter Hurdles 30" (Girls)  
300 Meter Hurdles 36" (Boys)  
200 Meter Dash  
1600 Meter Run  
1600 (4 x 400) Relay

## **5-6 & 7-8 ORDER OF EVENTS**

### **FIELD EVENTS—9:30 AM**

High Jump:	(7-8 Girls, 5-6 Girls, 7-8 Boys, 5-6 Boys)
Long Jump:	(7-8 Boys, 5-6 Boys, 7-8 Girls, 5-6 Girls)
Discus:	(5-6 Girls, 7-8 Girls, 5-6 Boys, 7-8 Boys)
Shot Put:	(5-6 Boys, 7-8 Boys, 5-6 Girls, 7-8 Girls)
Pole Vault:	(7-8 Boys, 7-8 Girls)

### **TIMED FINALS MEET—9:30 AM**

400 (4 x 100) Meter Relay	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)
3200 (4 x 800) Meter Relay	(7-8 Girls; 7-8 Boys)
100 Meter Hurdles (Girls)	(5-6 Girls, 7-8 Girls)
110 Meter Hurdles (Boys)	(5-6 Boys, 7-8 Boys)
800 (4 x 200) Meter Relay	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)
800 Meter Run	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)
100 Meter Dash	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)
400 Meter Run	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)
300 Meter Hurdles	(7-8 Girls; 7-8 Boys)
200 Meter Dash	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)
1600 Meter Run	(5-6 Girls; 5-6 Boys; 7-8 Girls; 7-8 Boys)
1600 (4 x 400) Meter Relay	(5-6 Girls; 7-8 Girls; 5-6 Boys; 7-8 Boys)