

# Inola Middle School Invitational Track Meet

## Invitation Only

**Class 4A and Below- Tuesday, April 21st, 2025**

**Time: Coaches meeting- 9 am; Field events- 9:30 am;  
Running events- 10 am**

**Divisions: 7th Girls, 7th Boys, 8th Girls, 8th Boys  
(All timed Finals-Seeded Meet)**

**Attention Coaches:** The On-line Entry **Deadline is Monday, April 20th at 1 pm.** Schools planning to attend MUST submit their entries on the [Athletic.net](http://Athletic.net) website. You will be able to make last minute changes the morning of the meet & then we will seed it. If you need assistance with your account, contact Cara @ [cara@runenduro.com](mailto:cara@runenduro.com).

**Medals:** 1st through 5th place (no team trophies but points will be kept.)

**Entry Fee:** **\$95.00 per Division/ \$15.00 per Individual (1-3 athletes)\**

**Please Mail entry fee prior to the meet  
OR BRING THE DAY OF THE MEET. No Refunds**  
Please make checks payable to:  
Inola Public Schools  
P.O. Box 819  
Inola, OK 74036  
Attention: Coach Amos

### **Limitations:**

- Each school is limited to one (1) relay team per event.
- Each school is limited to three (3) competitors per event.
- Each contestant is limited to four (4) events, including relays & field events.

- Starting blocks will be provided for all contestants.
- $\frac{1}{4}$ " spikes or shorter are required.
- No team camps on the infield please.
- PLEASE....DO NOT USE TAPE ON THE TRACK

**Lunch Break:** Lunch will be provided for coaches & workers.

(We will need a coaches count a week before the meet.)

**Oklahoma Secondary School Association Rules Apply**

Coach Wil Amos- 918-533-2582

[wamos@inola.k12.ok.us](mailto:wamos@inola.k12.ok.us)