

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 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.

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.
- 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