

# Inola High School

**Coach Wil Amos**

**918-533-2582**

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

## **Inola High School Invitational Track Meet**

**By Invitation only**

**Class 4A and Below - Friday, April 24, 2026**

**Time:** **Coaches meeting - 9 am**; Field events- 9:30 am; Running events 10 am  
**Divisions:** High School Girls, High School Boys (All Timed Finals - Seeded Meet)

**ATTENTION COACHES:** The On-line Entry **DEADLINE** is: Thursday, April 23rd @ 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](mailto:cara@runenduro.com).

**Medals:** 1st through 4th place (No team trophies but points will be kept.) Relays 1st thru 3rd place.

**Entry Fee:** \$110.00 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  
[wamos@inola.k12.ok.us](mailto:wamos@inola.k12.ok.us)

**Limitations:**

- Each School is limited to one (1) relay team per event.
- Each school is limited to three (3) competitors per event.
- Each school 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 teamcamps 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**