

Inola High School

Coach Wil Amos

918-533-2582

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.

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

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.
- $\frac{1}{4}$ " 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