

Keys High School Track Meet

Monday, March 30th 2025

Divisions: 5/6 Girls, 5/6 Boys, 7/8 Girls, 7/8 Boys

Entry Fee: \$90 per Division, \$15/individual when less than 4

Awards: Medals for 1st, 2nd & 3rd in all events; Team Awards for 1st and 2nd

General Information

- Starting Blocks will be furnished, ¼" spikes or smaller, no tape on the track
- No Cams on the infield
- Coaches Hospitality Room will be provided
- No Pole Vault
- Physical Address: 26622 S. 520 Park Hill, OK 74451
- Coaches Meeting at 9:00 AM
- Field Events at 9:30 AM
- Running Events at 9:45 AM

Contact Information

- Kruz Lynch, Girls Track Coach klynch@kpscougars.org 918-899-8954
- Justin Brown, Boys Track Coach justinbrown@kpscougars.org 918-685-0853
- Holly Bronsert, Track Assistant hbronsert@kpscougars.org 918-718-5350
- Steven Goss, Principal/AD sgoss@kpscougars.org 918-230-3456

Checks Payable to Keys Athletics

Order of Events 3/30/2026

Coaches Meeting: 9:00 AM

Field Events: 9:30 AM

Running Events: 9:45 AM

Field Events Order

(Long Jump, Shot Put, and Discus will have 3 Jumps/Throws)

High Jump	5/6 G, 7/8G, 5/6 B, 7/8 B
Long Jump	7/8 B, 5/6 B, 7/8 G, 5/6 G
Shot Put	5/6 B, 7/8 B, 5/6 G 7/8 G
Discus	7/8 G, 5/6 G, 5/6B, 7/8 B

Running Events Order

(All Running Events 5/6 Girls, 5/6 Boys, 7/8 Girls, 7/8 Boys)

400 Meter Relay
3200 Meter Relay (7/8 Only)
100 Meter Hurdles
110 Meter Hurdles (7/8 Boys)
800 Meter Relay
800 Meter Run
100 Meter Dash
400 Meter Dash
300 Meter Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay