Konawa High School Meet (3A and Below)

Date: Tuesday, March 31, 2026

Coaches Meeting: 9:00 AM

Location: Konawa Track

We would like to invite you and your teams to participate in our High School boys and girls track and field meet on our brand new resurfaced track! Please read the information below regarding the meet.

ENTRY FEE: $100.00 for each boys and girls team. $25.00 per individual if less than four (4) members on a team.

ONLINE ENTRIES: submit all entries on **athletic.net**. Deadline is the day before the meet at 5pm. If you need assistance, contact cara@ruenduro.com.

TIME: All teams report to the Konawa Track by 9:00 AM. We will have our coaches meeting in the multipurpose gymnasium located east of the track at 9:00 AM. Field events will begin at 9:30 AM, and running events will begin at 10:00 AM.

LIMITATIONS: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws will be given in the shot and discus, and three (3) jumps in long jump.

MEDALS: Awarded to 1st-5th in individual events and 1st-3rd in relays.

EQUIPMENT: Konawa will furnish starting blocks to contestants. 3/16” or shorter spikes are required.

HOSPITALITY: Lunch will be provided for coaching staff in our multipurpose gymnasium. We will have donuts and refreshments for the coaches meeting.

Konawa High School Track Meet

March 31, 2026

Order of Events

Field Events begin at 9:30

- High Jump HS G, HS B
- Long Jump HS B, HS G
- Shot HS G, HS B
- Discus HS B, HS G

Running events begin at 10:00

- 3200 Run HS G, HS B (run together if possible)
- 400 Relay HS G, HS B
- 3200 Relay HS G, HS B
- 100 Hurdles HS G
- 110 Hurdles HS B
- 800 Relay HS G, HS B
- 800 Run HS G, HS B
- 100 Dash HS G, HS B

Proposed 20 minute break

- 400 Dash HS G, HS B
- 300 Hurdles HS G, HS B
- 200 Dash HS G, HS B
- 1600 Run HS G, HS B
- 1600 Relay HS G, HS B

KONAWA HIGH SCHOOL INVITATIONAL TRACK MEET

March 31, 2026

ENTRY FORM

SCHOOL_____

COACH_____

TEAMS (Check the one you will have)

HS Boys_____ HS Girls_____

$100 per team or $25.00 per individual, if less than 4 members on a team per division.

Amount Paid _____

If you are mailing a check, please make it out to Konawa School and mail to:

Nancy Wilson
Konawa Public School
701 W South Street
Konawa, OK 74849