

**METRO LAKES CONFERENCE 2026 TRACK AND FIELD
CHAMPIONSHIPS**

Claremore High School

Junior High 7th and 8th: Thursday, April 30th 9:30 am

High School and 9th: Friday, May 1st 9:30 am

On behalf of Claremore Public Schools we would like to welcome you and your athletes to the 2026 Metro Lakes Conference Track and Field Championships.

ATTENTION COACHES: This is a seeded meet. Entries are to be completed online using athletic.net. Your entries are due at 5pm the day before the meet. You **MUST** complete the following steps:

- (1) set up your account and a team for "Track",
 - (2) add the desired meet to your on-line schedule;
 - (3) enter the desired athletes in their respective events for this meet
- If you need assistance with your athletic.net account, contact Cara Branson at: cara@runenduro.com

JH meet deadline Wednesday, April 29th at 5:00 PM

HS meet deadline Thursday, April 30th at 5:00 PM

Coaches Meeting at 9:00 am at the Heating Area.

Conference Workers Schedule

Finish Line- **Claremore** HJ – **Pryor** PV - **Grove** LJ – **Glenpool**

Shot – **Coweta** Discus – **Tahlequah**

Exchange 1 – **Glenpool** Exchange 2 - **Collinsville**

Exchange 3 – **Pryor**

Metro Lakes Conference High School Schedule of Events

Coaches Meeting 9:00 am

Field Events 9:30 am

High Jump- 9B, HSB, 9G, HSG

Long Jump- HSB, 9B, HSG, 9G,

Shot- HSG, 9G, HSB, 9B

Discus- HSB, 9B, HSG, 9G

Pole Vault- 9G, HSG, 9B, HSB

High School Minimum Measurements/Opening Heights

Shot (Boys) 9th- 35' HS- 40' (Girls) 9th- 25' HS- 25'

Discus (Boys) 9th- 80' HS- 110' (Girls) 9th- 60' HS- 80'

High Jump (Boys) 9th- 4'10" HS- 5'6" (Girls) 9th- 4'4" HS- 4'6"

Pole Vault (Boys) 9th- 8' HS- 10' (Girls) 9th- low HS- 7'

Timed Finals 10:00am

400 Relay 9-HS Girls, 9-HS Boys

3200 Relay All Girls, All Boys

100 Hurdles 9-HS Girls (9-HS 33in)

110 Hurdles 9-HS Boys (9-36 in, HS 39in)

3200 Run All Girls, All Boys

800 Relay 9-HS Girls, 9-HS Boys

800 Run 9-HS Girls, 9-HS Boys

100 M Dash 9-HS Girls, 9-HS Boys

400 M Dash 9-HS Girls, 9-HS Boys

300 M Hurdles 9-HS Girls, 9-HS Boys

200 M Dash 9-HS Girls, 9-HS Boys

1600 Run 9-HS Girls, 9-HS Boys

1600 Relay 9-HS Girls, 9-HS Boys

Metro Lakes Conference Junior High

Order of Events

Coaches Meeting 9:00 am

Field Events 9:30 am

High Jump 7G, 8G, 7B, 8B

Long Jump 7B, 8B, 7G, 8G

Shot 7G, 8G, 7B, 8B

Discus 7B, 8B, 7G, 8G

Pole Vault 7G, 8G, 7B, 8B

Minimum Measurements/Opening Heights

Shot (Boys) 7- 25' 8- 30' (Girls) 7- 20' 8- 20'

Discus (Boys) 7- 70' 8- 80' (Girls) 7- 50' 8- 60'

High Jump (Boys) 7- 4'6" 8- 4'8" (Girls) 7- 4' 8- 4'2"

Pole Vault (Boys) 7- 6' 8- 7' (Girls) 7- low' 8- low

Timed Finals 10:00 am

400 RELAY 7G, 8G, 7B, 8B

3200 RELAY 7G, 8G, 7B, 8B

100 H 30" 7G, 8G

110 H 30" 7B, 8B

800 RELAY 7G, 8G, 7B, 8B

800 RUN 7G, 8G, 7B, 8B

100 M DASH 7G, 8G, 7B, 8B

400 M DASH 7G, 8G, 7B, 8B

300 H 30" 7G, 8G, 7B, 8B

200 M DASH 7G, 8G, 7B, 8B

1600 RUN 7G, 8G, 7B, 8B

1600 RELAY 7G, 8G, 7B, 8B