



Mounds Golden Eagles MS Invitational Track Meet

1603 Russell Avenue
Mounds, OK 74047

DATE: Thursday, March 26, 2026

TIME: Coaches Meeting - 9:00 AM
Field Events - 9:30 AM
Running Events - 10:00 AM

DIVISIONS: 4 divisions. 7th and 8th grade boys and girls (3A & down).

LIMITATIONS: Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shotput and discus and three jumps in the long jump.

ENTRY: \$80 per division (\$320 for all divisions). \$15 per individual if team is 4 or less.

AWARDS: Medals will be given to the top three places in each event. Trophies will be awarded to the top team in each division.

POINTS: Individual scoring: 10-8-6-4-2-1
Relay scoring: 20-16-12-8-4-2

EQUIPMENT: ¼ inch spikes or shorter are required. Mounds will provide starting blocks. No tape on the running surface. Access to the field will only be for coaches and athletes who are heating up or warming up.

FORMAT: Hand-timed meet. Timed finals format. All OSSAA rules will apply.

CONFIRMATION: Please email Jonathan Stowe, Athletic Director, jstowe@moundsps.com (918-693-9698) for confirmation. We will contact schools in the case of inclement weather. There is no team limit set, but please confirm early to ensure a spot.

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Thursday, March 26, 2026**

ORDER EVENTS

9:30 FIELD EVENTS

POLE VAULT	7th, 8th BOYS	7th, 8th GIRLS
HIGH JUMP	7th, 8th GIRLS	7th, 8th BOYS
LONG JUMP	7th, 8th BOYS	7th, 8th GIRLS
SHOTPUT	7th, 8th BOYS	7th, 8th GIRLS
DISCUS	7th, 8th GIRLS	7th, 8th BOYS

10:00 AM RUNNING EVENTS

400 METER RELAY	GIRLS, BOYS
3200 METER RELAY	7th GIRLS/BOYS, 8th GIRLS/BOYS
100 METER HURDLES	GIRLS
110 METER HURDLES	BOYS
800 METER RELAY	GIRLS, BOYS
800 METER RUN	GIRLS, BOYS
100 METER DASH	GIRLS, BOYS

LUNCH BREAK

400 METER DASH	GIRLS, BOYS
300 METER HURDLES	GIRLS, BOYS
200 METER DASH	GIRLS, BOYS
1600 METER RUN	GIRLS, BOYS
1600 METER RELAY	GIRLS, BOYS

**NOTE: SHOTPUT, DISCUS, AND LONG JUMP WILL HAVE THREE JUMPS/THROWS.
NO FINALS.**