



# Mounds Golden Eagles Invitational Track Meet

1603 Russell Avenue  
Mounds, OK 74047

**DATE:** Friday, March 27, 2026

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

**DIVISIONS:** HS Boys & HS 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 shot put and discus and three jumps in the long jump.

**ENTRY:** \$100 per division. \$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](mailto: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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**Friday, March 27, 2026**

**ORDER EVENTS**

**9:30 FIELD EVENTS**

POLE VAULT	BOYS, GIRLS
HIGH JUMP	GIRLS, BOYS
LONG JUMP	BOYS, GIRLS
SHOTPUT	BOYS, GIRLS
DISCUS	GIRLS, BOYS

**10:00 AM RUNNING EVENTS**

400 METER RELAY	GIRLS, BOYS
3200 METER RELAY	GIRLS, BOYS
100 METER HURDLES	GIRLS
110 METER HURDLES	BOYS
3200 METER RUN	BOYS
800 METER RELAY	GIRLS, BOYS
800 METER RUN	GIRLS, BOYS
100 METER DASH	GIRLS, BOYS

**LUNCH BREAK**

3200 METER RUN	GIRLS
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.