

NCRC Track Meet

Tuesday, March 31, 2026

Location: Tecumseh High School, 901 N 13th St, Tecumseh, OK

Coaches Meeting: 9:00am (Indoor Facility)

Meet Starts: 9:30am

6 divisions: 7th girls, 7th boys, 8th girls, 8th boys,
HS girls, HS boys



All Finals (no preliminaries) – 4 attempts

Each athlete may participate in up to 4 events.

Each school may enter up to 4 competitors in each event.

All 4 competitors will be allowed to score.

One relay team per event.

*B teams may run in the relays but they will not be scored or receive medals.

We will combine girls and boys running events when possible.

Parking: Buses will park in the gravel football parking lot.

Drop Off: Buses may drive through from the main (south) entrance to the high school, drop athletes

off at the track and then continue to the football field to park.

Team Camps: No camps on the infield. All camps outside of the fence.

ONLINE ENTRIES: Conference member schools planning to attend this meet must submit their entries on the athletic.net website. The online **ENTRY DEADLINE** is the day before the meet @ 5:00 p.m. If you need assistance, contact cara@runenduro.com.

Questions? Call or text Coach Kortney Ozment 405-820-1824.

REMINDER – Each school is responsible to provide a coach (or 2 if you have multiple coaches) to work an event. If you have a preference, please contact Coach Ozment and she will try to accommodate your choice.

ORDER OF EVENTS

NCRC Meet – March 31, 2026

Field Events 9:30am

High Jump – HSG, HSB, 7G, 7B, 8G, 8B

Pole Vault – 7G, 7B, 8G, 8B, HSG, HSB

Long Jump – HSB, 7G, 7B, 8G, 8B, HSG

Shot Put – 7G, 7B, 8G, 8B,

HSG, HSB

Discus – 8G, 8B, HSG,

HSB, 7G, 7B



Running Events 9:45am

3200m Run – HSG, HSB

4 x 100m Relay – 7G, 7B, 8G, 8B, HSG, HSB

4 x 800m Relay – 7G, 7B, 8G, 8B, HSG, HSB

100m Hurdles - 7G, 8G, HSG

110M Hurdles - 7B, 8B, HSB

800m Run – 7G, 7B, 8G, 8B, HSG, HSB

100m Dash – 7G, 7B, 8G, 8B, HSG, HSB

4 x 200m Relay – 7G, 7B, 8G, 8B, HSG, HSB

400m Dash – 7G, 7B, 8G, 8B, HSG, HSB

300m Hurdles – 7G, 7B, 8G, 8B, HSG, HSB

200m Dash – 7G, 7B, 8G, 8B, HSG, HSB

1600m Run – 7GB, 8GB, HSG, HSB

4 x 400m Relay – 7G, 7B, 8G, 8B, HSG, HSB