



FOLDS of HONOR

# **44th ANNUAL RAM RELAYS**

**Friday, April 10th, 2026**

- **MEET INFORMATION:**
- Entries will be completed online through MileSplit.
  - This Track meet is by invitation only, so your team will need the passcode to enter.
  - All entries will be entered on MileSplit - [josh@crossroadstiming.com](mailto:josh@crossroadstiming.com)
- The entry fee is \$200 per varsity division and \$50 per JV team.
  - We have 2 divisions. (HS Boys and Girls)
  - Make checks payable to Owasso High School.
  - You can hand-deliver a check on the day of the meet or send it to: Coach Steve Parker, Owasso High School, 12901 E. 86th St. N., Owasso, Ok 74055
  - I will invoice all unpaid schools after the meet is completed.
- Entries are due 48 hours before the meet starts.
  - All submitted entries in the system at the entry deadline will be considered FINAL.
- **All!! Field Events will begin at 10:00 pm or after the coach's field event meeting.**
- **Coaches Meeting 11:45 pm**
- **All!! Running Events will begin at 12:00 pm and will follow a rolling schedule.**
- ¼-inch spikes or less permitted.
- Bus Parking: This will be posted. Drop off athletes at the track, and then buses will be parked in the parking lot West of the football stadium.
- Timing:
  - [crossroadstiming.com](http://crossroadstiming.com) will be used to time this meet.
- Contact Information
  - Steve Parker, Head Coach 918-808-1412
  - Owasso High School, 12901 E. 86th St N., Owasso, Ok 74055
  - Email: [steve.parker@owassops.org](mailto:steve.parker@owassops.org) or [josh@crossroadstiming.com](mailto:josh@crossroadstiming.com)





FOLDS of HONOR

10:00 am Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys
Shot	Boys, Girls

12:00 pm Running Events Start

4x100m Relay	Girls	Boys
4x800m Relay	Girls	Boys
100m Hurdles	Girls	Boys
110m Hurdles	Girls	Boys
100m Dash	Girls	Boys
3200m	Girls	
4x200m Relay	Girls	Boys
3200m		Boys
800m	Girls	Boys
400m	Girls	Boys
300m Hurdles	Girls	Boys
200m	Girls	Boys
1600m	Girls	Boys
4x400m Relay	Girls	Boys