



Pawhuska Invitational Track Meets (4A and down)

Junior High: Tuesday, March 31st, 2026

High School: Thursday, April 2nd, 2026

Head Track Coach: MarkFrye

School Phone: 918-287-1262

Email: markfrye@pawhuskadistrict.org

Cell Phone: 918-287-7881

On behalf of Pawhuska Public Schools, we invite you and your teams to participate in our boys and girls track and field meets. We have a new surface on our eight-lane track with excellent field facilities and new seating in the stadium. The meets will be timed using the Finishlynx timing system and entries will be done on milesplit at <https://ok.milesplit.com/> prior to the event. Shot, discus and LJ will be measured using the Fieldlynx laser measuring system. **Note: This year we are switching to a seeded meet. All entries must be completed by 5:00 the day before the meet. We may have our new video board up for the meets but this is weather permitting for its installation.**

Entry Fee: Junior High Division - \$75.00 entry fee for each boys and girls teams in each 7th and 8th grade division, or \$12.00 per athlete for 4 or fewer participants.
High School Division - \$90.00 entry fee for each boys and girls team or \$15.00 per individual for 4 or fewer participants.

Checks: Mail to Pawhuska Public Schools; 1201 McKenzie, Pawhuska, OK 74056.

Time: Junior High Division: Coaches meeting 9:00 a.m. in hospitality room on West end of the stadium. First calls made at 9:15 and meet will begin at 9:30.
High School Division: Coaches meeting 9:00 a.m. in hospitality room on the West end of the Stadium. Field events begin at 9:30 and Running events at 10:00.

JH Divisions: 7th girls, 7th boys, 8th girls, 8th boys. - **We will run the 300 meter hurdles and 3200 meter relay.**

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.

Medals: Medals will be awarded to the top three places.

Trophies: Trophies will be awarded to the top teams in each division.

Team Points: Individual scoring will apply: 10-8-6-4-2-1
Relay scoring will apply: 20-16-12-8-4-2.

Equipment: 3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface.

Hospitality Room: A hospitality room will be provided in the Ag building behind the Stadium.

Online entry/RSVP: <https://ok.milesplit.com/> will be the online platform for meet entries. Please follow all instructions and complete the necessary steps to secure entries. Please RSVP your intent to compete so I have a contact number in the event of inclement weather and let me know the number of coaches for the hospitality room. This will be a 4A and down meet. To RSVP, call or text 918-287-7881 or email markfrye@pawhuskadistrict.org. Access to the field will only be for coaches and athletes who are heating or warming up.

Pawhuska High School Invitational Track Meet

Thursday, April 2nd, 2026

Order of Events

10:00

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

-----Break (15 minutes)-----

3200 METER RUN	GIRLS	
400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	
300 METER IH		BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

9:30

FIELD EVENTS

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

***NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 THROWS/JUMPS and will be measured using the Fieldlynx Laser measuring system. EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**

Pawhuska JH Invitational Track Meet
Tuesday, March 31st, 2026

ORDER OF EVENTS

9:30	400 METER RELAY	GIRLS	BOYS
	3200 METER RELAY	7th GIRLS/BOYS	8th GIRLS/BOYS
	100 M HURDLES (30)	GIRLS	
	100 M HURDLES (30)		BOYS
	800 METER RELAY	GIRLS	BOYS
	800 METER RUN	GIRLS	BOYS
	100 METER DASH	GIRLS	BOYS

-----**BREAK- (15 minutes)**-----

400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

9:30	FIELD EVENTS
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POLE VAULT	7TH , 8TH BOYS	7TH , 8TH GIRLS
HIGH JUMP	7TH , 8TH GIRLS	7TH , 8TH BOYS
LONG JUMP	7TH , 8TH BOYS	7TH , 8TH GIRLS
SHOT PUT	7TH , 8TH BOYS	7TH , 8TH GIRLS
DISCUS	7TH , 8TH GIRLS	7TH , 8TH BOYS

***NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS and will be measured using the Fieldlynx Laser measuring system. EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**