



## Pawhuska Invitational Track Meets (4A and down)

Junior High: Tuesday, March 31<sup>st</sup>, 2026

High School: Thursday, April 2<sup>nd</sup>, 2026

Head Track Coach: MarkFrye

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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 7<sup>th</sup> and 8<sup>th</sup> 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:** 7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls, 8<sup>th</sup> 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@pawhuskадistrict.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**

<b>400 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>3200 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>100 M HURDLES</b>	<b>GIRLS</b>	
<b>110 M HURDLES</b>		<b>BOYS</b>
<b>3200 METER RUN</b>		<b>BOYS</b>
<b>800 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>800 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>100 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>

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

<b>3200 METER RUN</b>	<b>GIRLS</b>	
<b>400 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>300 METER LH</b>	<b>GIRLS</b>	
<b>300 METER IH</b>		<b>BOYS</b>
<b>200 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>

**9:30**

**FIELD EVENTS**

<b>POLE VAULT</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>HIGH JUMP</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>LONG JUMP</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>SHOT PUT</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>DISCUS</b>	<b>GIRLS</b>	<b>BOYS</b>

**\*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 31<sup>st</sup>, 2026**

ORDER OF EVENTS

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

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

<b>400 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>300 METER LH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>200 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>

**9:30** **FIELD EVENTS**

<b>POLE VAULT</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>HIGH JUMP</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>
<b>LONG JUMP</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>SHOT PUT</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>DISCUS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>

**\*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.**