

SKIATOOK JUNIOR HIGH TRACK MEET

THURSDAY APRIL 16, 2025

On behalf of the Skiatook Public Schools, we extend an invitation to participate in our 7/8 Junior High School Track and Field Meet on our **ALL-NEW** track surface. **We will cap our meet at 12 schools per Division - 5A & Below Schools ONLY.** First come, first serve. You must e-mail or call to confirm your teams.

Location: Skiatook High School
1000 W. 4
Skiatook, Ok. 74070

Mailing Address: Skiatook High School
Attn: Shane Branscum
355 S. Osage
Skiatook, Ok. 74070

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, April 15th@ 1pm**. Schools planning to attend must submit their entries on the **Athletic.Net website**. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: cara@runenduro.com.

Bus Parking: West of the Football Field house

Fees: **\$90.00** for each Division. For teams of five athletes or less: **\$15.00 per person.**
Make Checks Payable to: SKIATOOK PUBLIC SCHOOLS.

Time: Coaches Meeting will be at 8:30 a.m. in the Visitors Locker Room.
Field Events will begin at 9:00 a.m. and running events will begin at 9:30 am. This meet is TIMED FINALS.

DIVISIONS: There will be four (4) divisions: 7th Boys/Girls, 8th Boys/Girls

Limitations: Each school is limited to one (1) relay team per event.
Each school is limited to three (3) competitors per event.
Each contestant is limited to four events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Team Points: Awarded to top six finishers (10 - 8 - 6 - 4 - 2 - 1) in individual events and in relays, (20 - 16 - 12 - 8 - 4 - 2).

Equipment: Skiatook will furnish all starting blocks to contestants. $\frac{1}{4}$ " spikes or shorter are Required. **PLEASE DO NOT USE TAPE ON THE TRACK.**

Restrooms/Concessions: Located in the Southwest and Northeast corners of the football field.
PLEASE, DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!

Campsites: Will be located under/near home side bleachers. **NO campsites on Football Field.**

Dressing facilities: **NO DRESSING FACILITIES.**

Lunch Break: There will be a meal for Coaches and workers at 12:00p.m.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Jonathan Washington: Head Boys Track Coach
Alexandria Reeves: Head Girls Track Coach
Email Address: areeves@skiatookschools.org
jwashington@skiatookschools.org

**School (918) 396-1790
Fax: (918) 396-5729**

ORDER OF EVENTS

2026 Skiatook JH Track Meet Order of Event

Running

9:30 AM

400 M Relay **7, 8 Girls** **7, 8 Boys**

3200 M Relay **7, 8 Girls** **7, 8 Boys**

100 M Hurdles **7, 8 Girls**

110 M Hurdles **7, 8 Boys**

800 M Relay **7, 8 Girls** **7, 8 Boys**

800 M Run **7, 8 Girls** **7, 8 Boys**

100 M Dash **7, 8 Girls** **7, 8 Boys**

400 M Dash **7, 8 Girls** **7, 8 Boys**

300 M Hurdles **7, 8 Girls** **7, 8 Boys**

200 M Dash **7, 8 Girls** **7, 8 Boys**

1600 M Run **7, 8 Girls** **7, 8 Boys**

1600 M Relay **7, 8 Girls** **7, 8 Boys**

Field Events

		7th	8th		7th	8th
*Pole Vault	Girls	5'	5'	Boys	5'6"	6'6"
High Jump	Girls	4'	4'2"	Boys	4'6"	4'8"
Long Jump	Boys	12'	14'	Girls	12'	12'
Shot Put	Boys			Girls		
Discus	Girls			Boys		

Distances and heights for field events will be further reviewed at coaches meeting.

JH throwers will have 3 throws in a row and will measure furthest.