

TAHLEQUAH JUNIOR HIGH TRACK INVITATIONAL

THURSDAY, MARCH 5TH. 2026 * TAHLEQUAH HIGH SCHOOL

Tahlequah High School welcomes you to our annual Jr. High Track Meet to be held on our eight lane all-weather track located east of the high school. The meet will be a timed final event with schedule enclosed.

Entry deadline: All entries are DUE by Wednesday, March 4th, 4:00 pm. **NO EXCEPTIONS**

Entry Procedure: **This is a roster only meet.** Athletes will be assigned by Enduro and coaches will receive those by email from them. Enter online at athletic.net Create an account if you don't have one by going to www.runendurousa.com. Establish coach of record, click my roster list and enter athletes. Add our meet to your schedule then enter your athletes.

Entry fee: \$75 per team, per division (\$75 for boys and \$75 for girls) \$7 per individual if less than 5. Checks made out to Tahlequah Athletics Track. Please bring it with you or mail it to:

Tahlequah Athletics

591 Pendleton

Tahlequah, OK. 74464

Time: Coach's meeting @ 8:30 am, All field and running events @ 9:00 am

Check in: check in at the track cover on the west end of the track. All non lane running (800, 1600, 1600 relay and 3200 relay.) report to start line.

Weight in: All implements (shot, discuss) All implements will need to be weighed in at the Shot and Discus field. We will weigh them in before the start of each event.. No 8 pound shots. 4K shots only.

Divisions: Six divisions, must remain with their division. 7th, boys and girls, 8th. boys and girls, 9th. boys and girls.

Team points: 1st. through 6th. place, 10-8-6-4-2-1 individual events and 20-16-12-8-4-2 in relays

Awards: first, second and third in all events.

Limitations: OSSAA rules apply, four events including relays. Four entries per school, one relay and no "B" teams.

Equipment: Blocks will be provided. 1/4 inch or shorter spikes required.

There will be a coaches feed. The time for that break will be announced at the coaches meeting. Looking forward to seeing you here and if you have other questions please call either Brad Gilbert at 931-1204 or Elzy Miller 931-2789.

TALEQUAH JR. HIGH TRACK INVITATIONAL

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MEET SCHEDULE

ALL EVENTS - 9:00 AM

HIGH JUMP 7B,8B,9B,7G,8G,9G

LONG JUMP 7G,8G,9G,7B,8B,9B

SHOT PUTT 7G,8G,9G,9B,8B,7B

DISCUS 9B,8B,7B,7G,8G,9G

POLE VAULT ALL BOYS- ALL GIRLS

TIMED FINALS RUNNING-9:00 AM

400 METER RELAY

3200 METER RELAY G + B WILL RUN TOGETHER BY GRADE

100 METER HURDLES G

110 METER HURDLES B

800 METER RELAY

800 METER RUN

100 METER DASH

400 METER DASH

300 METER HURDLES

200 METER DASH

1600 METER RUN G + B WILL RUN TOGETHER BY GRADE

1600 METER RELAY

All athletes have been assigned a competitor number. Coaches please write their number on his or her hand, to be used during the event check-in process.

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Athletes in lane running events need to check in at the west end of the home straight on the west end of the track about 30 minutes before their event. Listen for the calls.

Athletes in non-lane events (800, 1600, 3200 relay) report to the finish line.