



## **NORTH COUNTRY RELAYS**

**Friday, April 17th 2026**

**Head Track Coach:** Joey Reinart - 405-880-4921 - [jreinart@tonkawa.k12.ok.us](mailto:jreinart@tonkawa.k12.ok.us)  
**Athletic Director:** Trenton Harmon - 580-628-0138 - [tharmon@tonkawa.k12.ok.us](mailto:tharmon@tonkawa.k12.ok.us)

The Tonkawa Tribe of Oklahoma, Tonkawa Enterprises, and Tonkawa Public Schools would like to extend an invitation to you and your teams to participate in our 2026 high school track meet. We are excited to be back hosting high level track meets at Tonkawa. Our 8-Lane track will be newly resurfaced and completed to begin the Spring Track season. The meet will be timed using an FAT system. Our meets are welcome to any school that will compete at regionals in class 4A and below. We hope you and your teams will be able to attend. Please RSVP to Head Coach Joey Reinart if you are interested in attending. This will be a rosters only timed finals meet.

### **MEET INFORMATION:**

**Date:** Friday, April 17, 2026

**Class:** 4A-Below      **Division(s):** 2 Divisions --- High School Boys - High School Girls

**Participation:** Each event will be limited to three participants from each team. Each contestant may enter no more than four events. Spike length should be ¼" or shorter. Starting blocks will be provided.

**Entry Fee:** \$100 per team - \$200 for both boys and girls teams. B teams are allowed at the same fee. \$15 per individual contestant up to 4. Checks payable to Tonkawa Public Schools.

**Hospitality:** Breakfast and lunch will be provided for coaches.

**Tents:** Tents will be allowed inside the fence northwest of the home bleachers, as well as open areas on the northeast and southeast sides of the track.

**Scoring:** Team score will be kept and plaques will be given to the champion in each division.

**Medaling:** Relays 1st - 3rd. Individual and field events 1st - 5th.

**Admission:** \$5 per person admission fee for school age students to senior citizens. Non-school aged children are free.

**All entries must be submitted to the athletic.net website by Wednesday April 15th at 5:00 P.M.**



## **North Country Relays**

### **High School Order of Events**

Coaches meeting will be held at 9:15 A.M. with field events starting promptly at 9:45 A.M. and running events at 10:30 A.M.

#### **Field Events: 9:45 am**

- Shot Put: Boys - Girls
- Discus: Girls - Boys
- Long Jump: Girls - Boys
- High Jump: Boys - Girls
- Pole Vault: Girls - Boys

#### **Running Events: 10:30 am**

##### **\*\*\* Timed Finals \*\*\***

- 400 Meter Relay Girls Boys
- 3200 Meter Relay Girls Boys
- 100 Meter Hurdles 33" Girls
- 110 Meter Hurdles 39" Boys
- 3200 Meter Run Boys
- 800 Meter Relay Girls Boys
- 800 Meter Run Girls Boys
- 100 Meter Dash Girls Boys

##### **Proposed Break**

- 3200 Meter Run Girls
- 400 Meter Dash Girls Boys
- 300 Meter Hurdles 30" Girls
- 300 Meter Hurdles 36" Boys
- 200 Meter Dash Girls Boys
- 1600 Meter Run Girls Boys
- 1600 Meter Relay Girls Boys