



## **NORTH COUNTRY RELAYS**

**Thursday, April 23rd 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 or Athletic Director Trenton Harmon if you are interested in attending. This will be a rosters only timed finals meet.

### **MEET INFORMATION:**

**Date: Thursday, April 23, 2026**

**Class: 4A-Below**                            **4 Division(s): 5th-6th and 7th-8th Middle School Boys**  
-    **5th-6th and 7th-8th Middle 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  $\frac{1}{4}$ " or shorter. Starting blocks will be provided.

**Entry Fee:** \$80 per team - \$300 for all 4 divisions. 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 Tuesday, April 21st at 5:00 P.M.**



## North Country Relays

### Middle School Order of Events

Coaches meeting will be held at 8:30 A.M. with field events starting promptly at 9:00 A.M. and running events at 9:30 A.M.

#### Field Events: 9:00 am

• Shot Put: 5th-6th Girls-6lb	5th-6th Boys-6lb	7th-8th Girls-4k	7th-8th Boys-4k
• Discus: 7th-8th Boys	7th-8th Girls	5th-6th Boys	5th-6th Girls
• Long Jump: 5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• High Jump: 5th-6th Boys	7th-8th Boys	5th-6th Girls	7th-8th Girls
• Pole Vault: All - Girls	All - Boys	Results will be separated after each	

#### Running Events: 9:30 am

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

• 400 Meter Relay	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• 3200 Meter Relay	7th-8th Girls	7th-8th Boys		
• 100 Meter Hurdles 30"	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• 110 Meter Hurdles 33"				7th-8th Boys
• 800 Meter Relay	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• 800 Meter Run	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• 100 Meter Dash	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys

##### Break if needed

• 400 Meter Dash	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• 300 Meter Hurdles 30"			7th-8th Girls	7th-8th Boys
• 200 Meter Dash	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys
• 1600 Meter Run			7th-8th Girls	7th-8th Boys
• 1600 Meter Relay	5th-6th Girls	5th-6th Boys	7th-8th Girls	7th-8th Boys