

**Tulsa 7 Conference Track Meet**  
**April 25, 2026**  
**Mannford High School**

**Schedule of Events**

**FIELD EVENTS**

Teams Running Events:

9:30 am	High Jump	HSB, 8B, 7B, HSG, 8G, 7G
	Long Jump	HSG, 8G, 7G, HSB, 8B, 7B
	Shot	7B, 8B, HSB, 7G, 8G, HSG
	Discus	HSB, HSG, 7B, 7G, 8B, 8G
	Pole Vault	8B, 7G, 8G, 7B, HSG, HSB

**TIME FINALS**

10:00 am	4x100 Relay	7-8-HS Girls; 7-8-HS Boys
	4x800 Relay	7th B/G; 8th B/G; HS B/G
	100m Hurdles	7-8-HS Girls
	110m Hurdles	7-8-HS Boys
	3200m Run	HS Boys
	4x200m Relay	7-8-HS Girls; 7-8-HS Boys
	800m Run	7-8-HS Girls; 7-8-HS Boys
	100m Dash	7-8-HS Girls; 7-8-HS Boys
	3200m Run	HS Girls
	400m Dash	7-8-HS Girls; 7-8-HS Boys
	300m Hurdles	7-8-HS Girls; 7-8-HS Boys
	200m Dash	7-8-HS Girls; 7-8-HS Boys
	1600m Run	7-8-HS Girls; 7-8-HS Boys
	4x400m Relay	7-8-HS Girls; 7-8-HS Boys

- Lane Judges for 4x100 Relay:
- Lane Judges for 4x200 Relay:
- Medals to top 3 in each event. One team trophy per division.
- Coaches must enter all team members on [athletic.net](https://athletic.net). Contact [cara@runenduro.com](mailto:cara@runenduro.com) if you need assistance. Deadline is the day before the meet at 5pm.
- Coaches running a field event must provide all workers and use Enduro numbers and list schools. They may write names in if they wish. Send all results to the Enduro table.