

Verdigris Valley Conf. Track Meet
April 27, 2026
Location: Skiatook High School

Coaches Meeting – 9:00 am, Field Events - 9:30 am, Running Events – 10:00 am

ATTENTION COACHES: The On-line Entry **DEADLINE** is: **Sunday, April 26th @ 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.

There will not be a heating bench for this track meet. It will be coaches and athletes responsibility to know what flight/lane assignment each athlete will compete in. There will be a coach with the starter making sure the correct person is lined up for each race but please be familiar with live.endurousa.com for staging purposes.

***No camps on infield (Coaches Only)**

***Coaches: Please look and see what assignment your school has been assigned. There also needs to be a coach from your school that is competent in the ATHLETIC FIELD APP. This app will be what we use to enter field events for the meet. If there are any questions about the use of the app you can contact Cara from Enduro or Coach Reeves**

Girls Coach Alexandria Reeves: areeves@skiatookschools.org

Boys Coach Johnathan Washington: jwashington@skiatookschools.org

AD Shane Branscum: sbranscum@skiatookschools.org

**Monday, April 27, 2026
Verdigris Valley Conference
JH and HS Track Meet**

Location: Skiatook High School

Date: 4/27/2026

Coaches Meeting: 9 am

Field Events: 9:30 am

Running Events: 10:00 am

ORDER OF EVENTS

400 Relay	7G-8G-HSG-7B-8B-HSB
3200 Relay	7G-8G-HSG-7B-8B-HSB
100 Hurdles	7G-8G 30" 100 Hurdles HSG 33"
110 Hurdles	7B-8B 33" 110 Hurdles HSB 39"
3200 Run	HSB
800 Relay	7G-8G-HSG-7B-8B-HSB
800 Run	7G-8G-HSG-7B-8B-HSB
100 Dash	7G-8G-HSG-7B-8B-HSB
**20-minute break	
3200 Run	HSG
400 Dash	7G-8G-HSG-7B-8B-HSB
300 Hurdles	7G-8G-HSG(30")-7B-8B-HSB (36")
200 Dash	7G-8G-HSG-7B-8B-HSB
1600 Run	7G-8G-HSG-7B-8B-HSB
1600 Relay	7G-8G-HSG-7B-8B-HSB

FIELD EVENTS: Order and School Assignment: Equipment will be provided. Starting heights will be discussed in the coaches meeting.

HIGH JUMP:	7G-8G-HSG-7B-8B-HSB	VERDIGRIS/FTG
LONG JUMP:	7B-8B-HSB-7G-8G-HSG	CATOOSA/VINITA
POLE VAULT:	8B-8G-HSG-7B-7G-HSB	Oologah/WAGONER
DISC:	8B-7B-8G-7G-HSG-HSB	LOCUST GROVE/ MIAMI
SHOT:	8G-7G-HSB-8B-7B-HSG	HILLDALE/SKIATOOK

TIME ASSIGNMENT: ENDURO

APPEALS COMMITTEE: Skiatook, Oologah, Hilldale

EXCHANGE ZONE JUDGES:

1ST Wagoner
2ND Catoosa
3RD Locust Grove

Coaches: Please look and see what assignment(s) your school has been assigned. You will need to provide workers for each particular field event you are assigned.