

# **Watonga Public Schools**

## **Watonga Middle School Track and Field Meet**

**April 7, 2026**

Watonga Middle School will be hosting an open invitational track meet. This is an invite to any 3A and below school. We have a 7 lane track and an 8 lane straight, full pour polyurethane track surface that was installed in summer of 2025 and a fully automatic timing system. There will be four (4) divisions: 5/6 Girls and Boys and 7/8 Girls and Boys.

We will follow the state association rules and regulations and the following:

- Only school in class 3A and below may enter the meet.
- This will be an all finals meet.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay. B-Teams will be allowed if you have them.
- Points will be scored 10-8-6-4-2-1 and will double for relays 20-16-12-8-4-2.
- Three (3) medals will be awarded in each individual event and three (3) for Relays. No Team Trophies will be awarded.
- An entry fee of \$75.00 per division or \$150.00 for both girls and boys for each school team will be charged. Max of \$300.00 for all four (4) divisions. If you enter a B Team and would like them to score and medal the fee will be \$60.00 per team, \$15.00 per individual up to 4. Make checks payable to Watonga High School. No refunds.
- On-line Entry Deadline: Sunday, April 5th @ 5pm. All entries must be completed on-line at: [athletic.net](http://athletic.net) - - Go to Events, Find the meet on the calendar to register. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: [www.athletic.net](http://www.athletic.net). --- NO EXCEPTIONS!!!
- ¼” or less spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for their running event.
- Athletes will not be allowed on the field unless they are warming up or competing in an event at the time.
- Coaches meeting at 9:15 am. Field events will start at 10:00 am and running at 11:00 am.
- A concession stand will be open. Coaches will have a hospitality room for lunch.

Contact Coach Adams if you would like to attend the meet.

Phone: 405-888-7008      Email: [gadams@watonga.k12.ok.us](mailto:gadams@watonga.k12.ok.us)

Meet entry questions ([athletic.net](http://athletic.net)) contact Jim Bob Coleman

Call or Text - Phone: 580-478-2039

## **Order of Events:**

### **Field Events: 10:00 am**

All contestants will have three (3) attempts to receive a legal mark in the Shot Put, Discus, and Long Jump.

High Jump: 5/6G, 7/8G, 5/6B, 7/8B

Long Jump: 7/8B, 5/6B, 7/8G, 5/6G

Pole Vault: 5/6G, 7/8G, 5/6B, 7/8B

Shot Put: 5/6B, 7/8B, 5/6G, 7/8G

Discus: 7/8G, 5/6G, 7/8B, 5/6B

### **Running Events: 11:00 am**

3200M Relay 7/8G, 7/8B

400M Relay 5/6G, 7/8G, 5/6B, 7/8B

800M Dash 5/6G, 7/8G, 5/6B, 7/8B

100M Hurdles 5/6G, 7/8G, 5/6B

110M Hurdles 7/8B

100M Dash 5/6G, 7/8G, 5/6B, 7/8B

### **30 Min. Break**

800M Relay 5/6G, 7/8G, 5/6B, 7/8B

400M Dash 5/6G, 7/8G, 5/6B, 7/8B

300M Hurdles 7/8G, 7/8B

200M Dash 5/6G, 7/8G, 5/6B, 7/8B

1200M Run 5/6G, 5/6B

1600M Run 7/8G, 7/8B

1600M Relay 5/6G, 7/8G, 5/6B, 7/8B