

Heavener High School Invitational - 04/01/2025

MEN AND WOMEN'S RESULTS

MENS						MENS OUTSTANDING INDIVIDUALS			MENS TEAM SCORES	
Event	Place	School	Contestant(s)	Time/Dist.	Points	Contestant	School	Points		
Shot Put	1st	Broken Bow A	Jackman	48'	10	Collins	Muldrow	24	Broken Bow A	104
	2nd	Broken Bow A	Cupit	46.9	8	Lynch	Heavener	20	Heavener	102
	3rd	Poteau	Crew	43'3.5"	6	Farmer	Poteau	14	Idabel	92
	4th	Heavener	Casteel	42'8"	4	Cupit	Broken Bow A	14	Poteau	69
	5th	McAlester	Fox	42'2"	2	Casteel	Heavener	14	Sallisaw	54
	6th	Sallisaw	Blount	40'9"	1	Payne	Heavener	12	Henryetta	42
Discus	1st	Heavener	Casteel	154'3"	10	Jackman	Broken Bow A	12	Muldrow	24
	2nd	Idabel	Townsend	152'11"	8	Honeycutt	Poteau	12	Battiest	23
	3rd	Broken Bow A	Cupit	130'2"	6	Berry	Spiro	12	Spiro	21
	4th	Sallisaw	Martin	123'10"	4	Herd	Battiest	11	Wilburton	17
	5th	Broken Bow A	Jackman	115'	2	Zirretta	Idabel	10	Gore	15
	6th	Idabel	Bargas	111'8"	1	Zarreta	Idabel	10	Allen	15
Long Jump	1st	Spiro	Berry	21'	10	W.Cunningham	Gore	10	Wright City	13
	2nd	Broken Bow A	Heath	20'2"	8	Salians	Sallisaw	10	McAlester	13
	3rd	Allen	Grady	19'5"	6	Prock	Wilburton	10	Savanna	6
	4th	Pocola	Terrell	19'5"	4	Howell	Broken Bow A	10	Stiger	4
	5th	Muldrow	Collins	19'4"	2	Crew	Poteau	10	Pocola	4
	6th	Sallisaw	Flynn	18'10"	1	McMillin	Spiro	9	Hartshorne	2
High Jump	1st	Muldrow	Collins	6'4"	10	Townsend	Idabel	8		
	2nd	Idabel	Hankins	6'2"	8	Sallinas	Sallisaw	8		
	3rd	Wilburton	Clark	5'8"	5	Lary	Idabel	8		
	3rd	McAlester	French	5'8"	5	Heath	Broken Bow A	8		
	5th	Battiest	Leforce	5'8"	2	Hankins	Idabel	8		
	6th	Wright City	Townzen	5'8"	1	Cox	Sallisaw	8		
3200 M Relay	1st	Heavener		8:49.08	20	Cook	Heavener	8		
	2nd	Poteau		9:15.28	16	Weaver	Henryetta	6		
	3rd	Wright City		9:27.08	12	Ritterhouse	Savanna	6		
	4th	Sallisaw		9:27.09	8	Grady	Allen	6		
	5th	Broken Bow A		9:34.07	4	Cruz	Heavener	6		
	6th	Idabel		9:40.34	2	Alstatt	Heavener	6		

800 M Relay	1st	Idabel		1:30.09	20		French	McAlester	5			
	2nd	Poteau		1:33.09	16		Clark	Wilburton	5			
	3rd	Broken Bow A		1:33.93	12		Thweatt	Broken Bow A	4			
	4th	Battiest		1:35.60	8		Terrell	Pocola	4			
	5th	Sallisaw		1:36.70	4		Palmer	Heavener	4			
	6th	Hartshorne		1:41.19	2		Martin	Sallisaw	4			
1600 M Run	1st	Heavener	Lynch	4:55.37	10		Mannon	Gore	4			
	2nd	Sallisaw	Sallinas	5:01.31	8		Leforce	Battiest	4			
	3rd	Poteau	Farmer	5:08.78	6		Gammom	Idabel	4			
	4th	Heavener	Alstatt	5:11.42	4		Bullard	Stiger	4			
	5th	Broken Bow A	Thweatt	5:16.22	2		Baker	Broken Bow A	4			
	6th	Spiro	McMillin	5:19.12	1		Williams	Henryetta	2			
110 M Hurdles	1st	Wilburton	Prock	16.69	10		Nail	Henryetta	2			
	2nd	Gore	W.Cunningham	16.75	8		Fox	McAlester	2			
	3rd	Heavener	Payne	17.53	6		Townzen	Wright City	1			
	4th	Heavener	Palmer	17.6	4		Pondexter	Idabel	1			
	5th	Spiro	Berry	17.81	2		Muskrat	Sallisaw	1			
	6th	Gore	Mannun	18.09	1		Mannun	Gore	1			
100 M Dash	1st	Idabel	Zarreta	10.81	10		Li	Poteau	1			
	2nd	Idabel	Lary	10.9	8		Hill	Sallisaw	1			
	3rd	Poteau	Honeycutt	10.97	6		Flynn	Sallisaw	1			
	4th	Muldrow	Collins	11.43	4		Byrd	Allen	1			
	5th	Henryetta	Williams	11.52	2		Blount	Sallisaw	1			
	6th	Sallisaw	Hill	11.72	1		Bargas	Idabel	1			
800 M Run	1st	Heavener	Lynch	2:09.25	10							
	2nd	Spiro	McMillin	2:11.31	8							
	3rd	Savanna	Ritterhouse	2:16.75	6							
	4th	Idabel	Gammom	2:18.28	4							
	5th	Heavener	Alstatt	2:18.50	2							
	6th	Sallisaw	Muskrat	2:19.12	1							
400 M Relay	1st	Idabel		42.78	20							
	2nd	Broken Bow A		43.9	16							
	3rd	Henryetta		44.15	12							
	4th	Sallisaw		44.97	8							

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WOMENS						WOMENS OUTSTANDING INDIVIDUALS			WOMENS TEAM SCORES	
Event	Place	School	Contestant(s)	Time/Dist.	Points	Contestant	School	Points	Broken Bow A	122
Shot Put	1st	Broken Bow A	Brittain	43'5"	10	Springfield	Heavener	27	Poteau	92
	2nd	Haileyville	Jeffery	33'9"	8	Osterhout	Poteau	20	Sallisaw	63
	3rd	Sallisaw	Wilson	32'7"	6	Lomon	Poteau	20	Allen	57
	4th	Sallisaw	Tremillion	32'9"	4	Cauthron	Broken Bow A	20	Quinton	56
	5th	Spiro	Barnes	32'2"	2	Brittain	Broken Bow A	18	Heavener	37
	6th	McAlester	Milligan	31'11"	1	Watkins	Henryetta	16	Idabel	32
Discus	1st	Poteau	Cox	112'3"	10	Jarvis	Idabel	14	Pocola	30
	2nd	Broken Bow A	Brittain	91'7"	8	Burris	Broken Bow A	14	Henryetta	30
	3rd	Poteau	Bowman	90'2"	6	Zilliox	Wright City	12	McAlester	20
	4th	Pocola	Parker	87'4"	4	Dooney	McAlester	12	Wright City	17
	5th	McAlester	Phillips	86'9"	2	Purdom	Quinton	10	Hartshorne	13
	6th	Broken Bow A	Williams	85'8"	1	Frazier	Broken Bow A	10	Spiro	10
Long Jump	1st	Broken Bow A	Cauthron	17'1"	10	Croftman	Sallisaw	10	Webbers Falls	8
	2nd	Heavener	Springfield	16'2"	8	Cox	Poteau	10	Savanna	8
	3rd	Sallisaw	Macon	15'11"	6	Allen	Idabel	10	Haileyville	8
	4th	McAlester	Dooney	15'8"	4	Waquie	Henryetta	8	Wilburton	5
	5th	McAlester	Lesma	15'3"	2	Jeffery	Haileyville	8	Stigler	4
	6th	Sallisaw	Palmer	15'2"	1	Hern	Idabel	8	Howe	4
High Jump	1st	Broken Bow A	Cauthron	5'2"	10	French	Broken Bow A	7	Panama	3
	2nd	McAlester	Dooney	4'8"	8	Wilson	Sallisaw	6		
	3rd	Savanna	Vanciel	4'6"	6	Vanciel	Savanna	6		
	4th	Wright City	McClure	4'6"	4	Morera	Quinton	6		
	5th	Savanna	Ivy	4'6"	2	Macon	Sallisaw	6		
	6th	Muldrow	Elangberg	4'6"	1	King	Quinton	6		
3200 M Relay	1st	Quinton		11:07	20	Herrier	Webbers Falls	6		
	2nd	Pocola		11:17	16	Cox	Pocola	6		
	3rd	Hartshorne		11:57	12	Bowman	Poteau	6		
	4th	Heavener		12:17	8	Williams	Broken Bow A	5		
	5th	Allen		12:27	4	Powers	Poteau	5		
	6th	Webbers Falls		12:50	2	Green	Poteau	5		
	1st	Allen		1:47.88	20	Tremillion	Sallisaw	4		

800 M Relay	2nd	Sallisaw		1:52.22	16		Parker	Pocola	4			
	3rd	Broken Bow A		1:54.53	12		Mote	Wilburton	4			
	4th	Spiro		1:55.13	8		McClure	Wright City	4			
	5th	Howe		2:01.96	4		Johnson	Stigler	4			
	6th	Henryetta		2:02.50	2		Bowers	Poteau	4			
1600 M Run	1st	Poteau	Osterhout	6:07.06	10		McGuire	Panama	3			
	2nd	Henryetta	Waquie	6:15.00	8		Wiles	Poteau	2			
	3rd	Quinton	Purdom	6:20.68	6		Weedon	Sallisaw	2			
	4th	Wright City	Zilliox	6:20.68	4		Phillips	McAlester	2			
	5th	Webbers Falls	Herrier	6:30.24	2		Nickell	Allen	2			
100 M Hurdles	1st	Heavener	Springfield	17.03	10		Martin	Sallisaw	2			
	2nd	Idabel	Jarvis	17.25	8		Lesma	McAlester	2			
	3rd	Broken Bow A	French	17.9	6		Ivy	Savanna	2			
	4th	Wilburton	Mote	18.37	4		Henderson	Quinton	2			
	5th	Sallisaw	Weedon	18.75	2		Byrd	Allen	2			
100 M Dash	6th	Wilburton	Lowe	18.9	1		Barnes	Spiro	2			
	1st	Poteau	Lomon	12.44	10		Palmer	Sallisaw	1			
	2nd	Broken Bow A	Burris	12.66	8		Moore	Hartshorne	1			
	3rd	Poteau	Green	13.03	5		Milligan	McAlester	1			
	3rd	Poteau	Powers	13.03	5		Lowe	Wilburton	1			
800 M Run	5th	Allen	Byrd	13.22	2		Iomb	Allen	1			
	6th	Heavener	Springfield	13.34	1		Hill	McAlester	1			
	1st	Sallisaw	Croftman	2:31.94	10		Elengberg	Muldrow	1			
	2nd	Henryetta	Watkins	2:32.88	8		Cristy	Wright City	1			
	3rd	Quinton	King	2:43.28	6							
400 M Relay	4th	Quinton	Purdom	2:43.09	4							
	5th	Panama	McGuire	2:47.60	2							
	6th	Wright City	Cristy	2:52.63	1							
	1st	Poteau		49.56	20							
	2nd	Broken Bow A		50.66	16							
	3rd	Allen		50.88	12							
	4th	Sallisaw		52.72	8							
	5th	Pocola		54.03	4							

	6th	McAlester		55.75	2								
400 M Run	1st	Idabel	Allen	1:01.81	10								
	2nd	Henryetta	Watkins	1:04.69	8								
	3rd	Pocola	Cox	1:06.78	6								
	4th	Stigler	Johnson	1:07.1	4								
	5th	Quinton	Henderson	1:07.25	2								
	6th	McAlester	Hill	1:08.13	1								
300 M Hurdles	1st	Broken Bow A	Frazier	49.84	10								
	2nd	Heavener	Springfield	50.51	8								
	3rd	Idabel	Jarvis	51.25	6								
	4th	Broken Bow A	Williams	52.53	4								
	5th	Sallisaw	Martin	53.28	2								
	6th	Broken Bow A	French	53.75	1								
200 M Dash	1st	Poteau	Lomon	25.78	10								
	2nd	Idabel	Hern	26.4	8								
	3rd	Broken Bow A	Burris	26.59	6								
	4th	Poteau	Bowers	27.28	4								
	5th	Allen	Nickell	27.4	2								
	6th	Allen	Iomb	27.59	1								
3200 M Run	1st	Poteau	Osterhout	13:12	10								
	2nd	Wright City	Zilliox	13:44	8								
	3rd	Quinton	Morera	14:00	6								
	4th	Webbers Falls	Herrier	14:11	4								
	5th	Poteau	Wiles	14:25	2								
	6th	Hartshorne	Moore	14:31	1								
1600 M Relay	1st	Broken Bow A		4:20.13	20								
	2nd	Allen		4:29.84	16								
	3rd	Quinton		4:31.88	12								
	4th	Sallisaw		4:36.71	8								
	5th	Henryetta		4:40.78	4								
	6th	Heavener		5:01.41	2								