



## TRACK AND FIELD



FOLDS of HONOR

### OWASSO JUNIOR HIGH TRACK MEET

7th, 8th, 9th

- DATE:** 4/7/2026
- TIME:** 10:00 pm Field Events  
11:45 pm Coaches Meeting  
12:00 pm Running Events
- ENTRIES:** 6 Divisions...7th, 8th, 9th Boys/Girls
- AWARDS:** Medals to the first three places. Awards to the Top Teams in each division.
- PLACING:** All events are final.
- CHECK-IN:** Check in at the start finish line.
- LIMITATIONS:** Each contestant is limited to four events, including relays.
- FIELD EVENTS:** We will have ALL girls and ALL boys compete together where we can. We will score them separately at the end of the competition.
- ENTRY FEE:** We have 6 Divisions \$ 100 per Division.
- COACHES:** All entries need to be made through Ok MileSplit.
- CONTACT INFO:** Steve Parker  
Owasso High School  
12901 East 86th Street North  
Owasso, Ok 74055  
Cell: 918-808-1412  
Ath. Office: 918-272-1867  
Email: [steve.parker@owassops](mailto:steve.parker@owassops).



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**10:00 PM**

**FIELD EVENTS:**

|            |                   |
|------------|-------------------|
| HIGH JUMP  | 7G-8G-9G/7B-8B-9B |
| POLE VAULT | 7B-8B-9B/7G-8G-9G |
| LONG JUMP  | 7B-8B-9B/7G-8G-9G |
| SHOT       | 7G-8G-9G/7B-8B-8B |
| DISCUS     | 7B-8B-9B/7G-8G-9G |

**12:00 PM**

**RUNNING EVENTS:**

There will not be a 200m, but you can have as many 4x2 & 4x4 teams as you want.

|                     |             |
|---------------------|-------------|
| 4 x 100m Relay      | 7-8-9 Girls |
| 4 x 100m Relay      | 7-8-9 Boys  |
| 4 x 800m Relay      | 7-8-9 Girls |
| 4 x 800m Relay      | 7-8-9 Boys  |
| 100m Hurdles (30")  | 7-8-9 Girls |
| 110m Hurdles (30")  | 7-8 Boys    |
| 110m Hurdles (33")  | 9 Boys      |
| 4 x 200m Relay      | 7-8-9 Girls |
| 4 x 200m Relay      | 7-8-9 Boys  |
| 800m                | 7-8-9 Girls |
| 800m                | 7-8-9 Boys  |
| 100m                | 7-8-9 Girls |
| 100m                | 7-8-9 Boys  |
| 300 m Hurdles (30") | 7-8-9 Girls |
| 300 m Hurdles (30") | 7-8-9 Boys  |
| 400m                | 7-8-9 Girls |
| 400m                | 7-8-9 Boys  |
| 1600m               | 7-8-9 Girls |
| 1600m               | 7-8-9 Boys  |
| 4 x 400m Relay      | 7-8-9 Girls |
| 4 x 400m Relay      | 7-8-9 Boys  |

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