

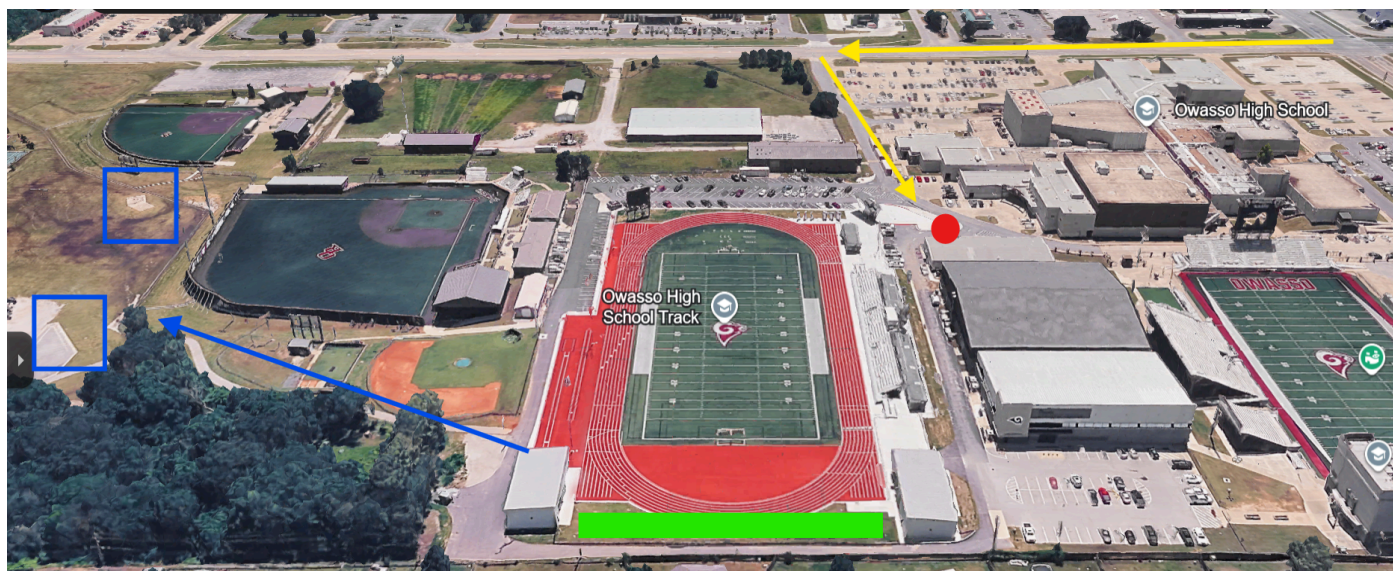


Frontier Valley Conference Track Meet

Friday, April 24th, 2026



- **MEET INFORMATION:**
- Entries will be completed online through Ok Milesplit.
 - All entries will be entered on Ok Milesplit - josh@crossroadstiming.com
- Entries are due 48 hours before the meet starts.
 - All submitted entries in the system at the entry deadline will be considered FINAL.
- **All!! Field Events will begin at 10:00 am or after the coach's field event meeting, at the finish line.**
- **Coaches Meeting 11:45 am at the Finish Line.**
- **All!! Running Events will begin at 12:00 pm and will follow a rolling schedule.**
- ¼-inch spikes or less permitted.
- Bus Parking: Drop off athletes at the track, and then buses will be parked in the parking lot West of the football stadium or across the street in the Walmart parking lot.
- Timing:
 - crossroadstiming.com will be used to time this meet.
- Contact Information
 - Steve Parker, Head Coach 918-808-1412
 - Owasso High School, 12901 E. 86th St N., Owasso, Ok 74055
 - Email: steve.parker@owassops.org or josh@crossroadstiming.com



Yellow - Enter Campus
Red - Drop off and Pick Up
Green - Camp Area
Blue - Shot and Discus Events



10:00 am Field Events

3200m	9th Girls	HS Girls
3200m	9th Boys	HS Boys

(SAPULPA)	High Jump	9th Boys	HS Boys
(OWASSO)	Pole Vault	9th Girls	HS Girls
(BARTLESVILLE)	Long Jump	9th Girls	HS Girls
(JENKS)	Discus	9th Girls	HS Girls
(UNION)	Shot	9th Boys	HS Boys
(BTW)	High Jump	9th Girls	HS Girls
(OWASSO)	Pole Vault	9th Boys	HS Boys
(MUSKOGEE)	Long Jump	9th Boys	HS Boys
(BIXBY)	Discus	9th Boys	HS Boys
(BROKEN ARROW)	Shot	9th Girls	HS Girls

12:00 pm Running Events Start

(SS & STILLWATER)	4x100m Relay	9th Girls	HS Girls
(SS & STILLWATER)	4x100m Relay	9th Boys	HS Boys
(OWASSO)	4x800m Relay	9th Girls	HS Girls
(OWASSO)	4x800m Relay	9th Girls	HS Boys
	100m Hurdles (33")	9th Girls	HS Girls
	110m Hurdles (36")	9th Boys	
	110m Hurdles (39")	HS Boys	
	100m Dash	9th Girls	HS Girls
	100m Dash	9th Boys	HS Boys
	400m	9th Girls	HS Girls
	400m	9th Boys	HS Boys
(SS & STILLWATER)	4x200m Relay	9th Girls	HS Girls
(SS & STILLWATER)	4x200m Relay	9th Boys	HS Boys
	800m	9th Girls	HS Girls
	800m	9th Boys	HS Boys
(OWASSO)	300m Hurdles (30")	9th Girls	HS Girls
(OWASSO)	300m Hurdles (36")	9th Boys	HS Boys
	200m	9th Girls	HS Girls
	200m	9th Boys	HS Boys
(OWASSO)	1600m	9th Girls	HS Girls
(OWASSO)	1600m	9th Boys	HS Boys
	4x400m Relay	9th Girls	HS Girls
	4x400m Relay	9th Boys	HS Boys