

2026 ACAC Track Meet

Speegle Stadium @ Capitol Hill HS

- DATE:** Wednesday, April 8th, 2026
- TIME:** Coach's Meeting- 9:00 AM / Field Events- 9:30 AM / Running Events-10:00 AM
- VENUE:** Speegle Stadium- Capitol Hill High School
698 Sw Grand Blvd, Oklahoma City, OK 73109
- ATTENTION:** The On-line Entry DEADLINE is: **Tuesday, April 7th @ 1pm**. Schools planning to attend must submit their entries on the **Milesplit** 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 Tim Grantham at: elevatetiming@gmail.com
- SCORING:** Individual Events: 10-8-6-4-2-1 / Relay Events: 20-16-12-8-4-2
- AWARDS:** Medals to top three individuals and relays
Team Champion and Team Runner-Up banners
- ENTRIES:** Athletes are limited to four events
- FIELD EVENTS:** Each athlete will be given 4 throws and 4 jumps
- CONCESSIONS:** Concessions will be available
- HOSPITALITY:** Lunch will be served to all coaches and workers
- TEAM CAMPS:** Team camp areas will be allowed on North side of Stadium

*****PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS*****

Kevin Russell

Cell- 405-404-5659

Email- klrussell@okcps.org

or

Chris Vandersypen

Cell - 405-639-9934

Email - dcvandersypen@okcps.org

Order of Events

Field Events: (Run By:)	9:30 AM
Shot Put: (Star Spencer)	Boys / Girls
Discus: (NWC)	Girls / Boys
Long Jump: (Douglass)	Boys / Girls
High Jump: (JM)	Girls / Boys

Running Events: 10:00 AM

400 Meter Relay	Girls / Boys (Exchange Zones: #1 WH, #2 CSAS, #3 CH)
3200 Meter Relay	Girls / Boys
100 Meter Hurdles	Girls
110 Meter Hurdles	Boys
3200 Meter Run	Boys
800 Meter Relay	Girls / Boys (Exchange Zone: #1 WH, #2 CSAS)
800 Meter Run	Girls / Boys
100 Meter Dash	Girls / Boys
3200 Meter Run	Girls
400 Meter Dash	Girls / Boys
300 Meter Low Hurdles	Girls
300 Meter High Hurdles	Boys
200 Meter Dash	Girls / Boys
1600 Meter Run	Girls / Boys
1600 Meter Relay	Girls / Boys

Hurdle Setters: USG, WH, CSAS, & SE