



Saturday, February 10, 2024
OKLAHOMA ATHLETES ONLY

SITE:

Mosier Indoor Track and Field Stadium at the University of Oklahoma just east of the Gaylord Family Oklahoma Memorial Stadium

TIMES:

Competition will begin at **9:00 am**

ENTRY PROCEDURE:

- Entry will take place through **OK.MILESPLIT.COM**
- Entries will need to list performance, date & meet from the **2023 and 2024 indoor/outdoor season.**
- FAT seed times are required for entries in the 60m dash, 60m hurdles, 200m dash and 400 m dash.
- When entering a hand-timed performance in an event longer than 400m, an "h" must be placed after time. Example: 800m hand time of 2:42.9, enter 2:42.9h. If an athlete has a FAT time in the event, that time **MUST** be used.

ENTRY RESTRICTION:

- Meet is only open to **Oklahoma** High School athletes in grades 9-12.
- Each athlete may be entered in no more than 4 events. If a contestant is entered in more than the allowable number of events, Meet Management shall scratch the contestant from the excess events by following the listed order of events. In addition, each team is limited to 1 team per relay event.

ENTRY DEADLINE/PERFORMANCE LIST:

- Entry deadline is 5:00 pm on Monday, February 5th, 2024.
- Updates and edits can be made up to the deadline.
- Performance Lists will be posted to ok.milesplit.com by 3:00 PM Tuesday, February 6, 2024.

ENTRY FEE:

1. **\$ 25.00** per individual
2. **This is an entry fee and not a competition fee.** Once meet closes, your **ENTRY** fee will be based on the number of athletes you entered... 10 athletes x \$ 25.00 = \$ 250.00
3. Entry fee will need to be paid prior to competing. On the day of the meet, we accept: Credit Cards, Checks, Cash and school Purchase Order.

<p>Check Make Payable to: Westmoore Track 12613 S. Western Ave Oklahoma City, OK 73170</p>	<p>Online Payment <i>(preferred method)</i> ok.milesplit.com</p>	<p>School PO Please provide copy at packet pick up</p>
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ARRIVAL/PACKET PICK-UP:

- Packet pick-up with Bid numbers will take place in the glass foyer at the entrance of the Mosier Facility.
- **Athletes and coaches should enter through the Southeast door of the Everest Training Facility**
- Please allow spectators to sit on portable bleachers and keep teams in the Everest center, when not competing

SPECTATOR ENTRY:

- Spectators will enter through the **Northwest** doors of the Mosier Facility and pass through a **metal detector and bag check station**. ***SEE ATTACHMENT***

SPIKES:

Athletes will not run if you do not comply with this rule. The only spike allowed for the Mosier Facility is the ¼” pyramid spike. The Omni-Lite ¼” spike is not allowed, as well as, the needle and Christmas tree spike. **This rule will be strictly enforced, and all shoes will be checked at heating area prior to getting on track.**

TIMING:

The meet will be timed by ytiming.net and live results can be found here and on Milesplit.live

COMPETITION & WARM-UP:

- No warming up will be allowed on the track once the competition begins. If weather permitting, athletes may use the John Jacobs track for warming up or the Everest Training Facility.
- Running Events: 30 minutes prior to event, report to clerk table, on the Southeast corner of the Everest Training Facility
- Field Events: Athletes will check-in at the event area

EMERGENCY MEDICAL SERVICES:

Will be provided onsite

PARKING:

Please see included map for team and spectator parking

AWARDS:

Championship awards will be presented to top 6 in each event.

FINALIST:

For Finals, athletes will meet in the Everest Center and will be escorted to the track. Upon entering the track, each athletes name will be announced and brought out with Music, Smoke and Lights. Once the event finished, athletes will be escorted to the Medals area, in the Everest Center, to have their picture taken on the “THRONE”.

SURFACE:

Six-lane on straights and 5 lanes on 200 M and up, 200 Meter track with a Mondo surface

CONCESSION:

Concession stand will be provided

APPAREL:

Event apparel will be available for purchase (credit cards will be accepted)

ADMISSION:

Adults \$ 5.00 - Students/Children \$ 3.00 - Senior Citizens \$ 3.00 (credit cards will be accepted)
*** *This is a non OSSAA event and passes will not be accepted* ***

DIVISIONS:

One division for boys and girls (All Classes)

For questions contact Tim Grantham at timothygrantham@mooreschools.com



Event	Limits for Each Event
Long Jump	NO LIMIT FOR 2024
Shot Put	NO LIMIT FOR 2024
High Jump	NO LIMIT FOR 2024
Pole Vault	NO LIMIT FOR 2024
4x800 Relay	NO LIMIT FOR 2024
60 M Hurdles	NO LIMIT FOR 2024
60 M Dash	NO LIMIT FOR 2024
Mile	NO LIMIT FOR 2024
400 M	NO LIMIT FOR 2024
800 M	NO LIMIT FOR 2024
200 M	NO LIMIT FOR 2024
3000 M	NO LIMIT FOR 2024
4x400 Relay	NO LIMIT FOR 2024



Saturday, February 10, 2024

Start	Event	Round
9:00 am	Boys 400 M	Prelim
9:30 am	Girls 400 M	Prelim
10:00 am	Boys 1 Mile Run	Final
10:30 am	Girls 1 Mile Run	Final
11:00 am	Boys 60 M Hurdles	Prelim
11:25 am	Girls 60 M Hurdles	Prelim
11:50 am	Boys 60 M	Prelim
12:20 pm	Girls 60 M	Prelim
12:50 pm	Boys 200 M	Prelim
1:20 pm	Girls 200 M	Prelim
1:50 pm	Boys 4x800 M Relay	Final
2:20 pm	Girls 4x800 M Relay	Final
2:50 pm	Boys 60 M Hurdles (top 6)	Final
2:55 pm	Girls 60 M Hurdles (top 6)	Final
3:00 pm	Boys 60 M (top 6)	Final
3:05 pm	Girls 60 M (top 6)	Final
3:10 pm	Boys 400 M (top 5)	Final
3:15 pm	Girls 400 M (top 5)	Final
3:20 pm	Boys 800 M	Final
3:50 pm	Girls 800 M	Final
4:20 pm	Boys 200 M (top 5)	Final
4:25 pm	Girls 200 M (top 5)	Final
4:30 pm	Boys 3000 M	Final
5:00 pm	Girls 3000 M	Final
5:30 pm	Boys 4x400 M Relay	Final
6:05 pm	Girls 4x400 M Relay	Final

Start	Event	Round
9:00 am	Girls Shot Put (Top 8 to Final)	Final
9:00 am	Boys Long Jump (Top 8 to Final)	Final
9:00 am	Girls High Jump	Final
9:00 am	Girls Pole Vault	Final
11:30 am	Boys Pole Vault	Final
1:00 pm	Girls Long Jump (Top 8 to Final)	Final
1:00 pm	Boys Shot Put (Top 8 to Final)	Final
1:00 pm	Boys High Jump	Final

- All running event athletes must get their hip numbers at the clerks table, located at the SE corner of the EVEREST facility, at least 30 minutes prior to the estimated start time of their race
- All athletes wearing spiked shoes must get their shoes approved before they are allowed to compete. Inspection will take place at the SW corner of the facility.
- All events will be administered on a rolling schedule. The start times shown are an estimate only



OKLAHOMA ATHLETICS

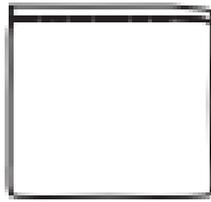
CLEAR BAG POLICY

APPROVED BAGS (ONE BAG PER PERSON)

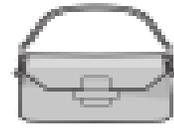


**12" X 6" X 12"
CLEAR TOTE**

(ANYTHING LARGER IS PROHIBITED)



**ONE (1) GALLON CLEAR
PLASTIC STORAGE BAG**



**6.5" X 4.5"
SMALL CLUTCH PURSE**

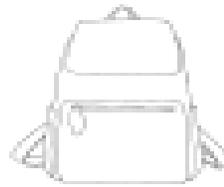
PROHIBITED BAGS



PURSE



BACKPACK



CLEAR BACKPACK



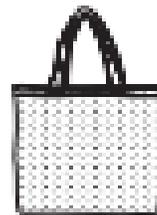
**NON-CLEAR
MERCHANDISE BAG**



**TINTED PLASTIC
TOTE**



**SOLID OR CLEAR
DRAWSTRING BAG**



**PRINTED PATTERN
PLASTIC BAG**



DIAPER BAG



CAMERA BAG



BINOCULAR CASE



FANNY PACK



MESH BAG

All carried items and entrants are subject to search. Prohibited items must be returned to the owner's car or discarded. Any unlawful items are subject to confiscation, and the person in possession of such items is subject to arrest. Items left at gate will be discarded.

PARKING & ENTRANCE

