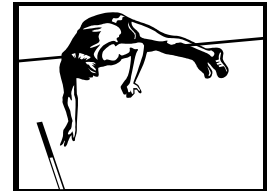


Booker T Washington
1514 East Zion Street
Tulsa, OK
(918)925-1000
9:00 am Field Events
10:00 am Running Events



Oklahoma Practice Meet June 20th 2009

Location: Booker T. Washington



RUNNING EVENTS:

- 3000 Meter Run
- 4 x 100 Meter Relay - Finals
- 4 x 800 Meter Relay - Finals
- 100 Meter Dash - Finals
- 400 Meter Dash - Finals
- 80 Meter Hurdles - Finals
- 100 Meter Hurdles - Finals
- 200 Meter Dash - Finals
- 1500 Meter Run - Finals
- 200 Meter Hurdles - Finals
- 400 Meter Hurdles - Finals
- 800 Meter Run - Finals
- 4 x 400 Meter Relay- Timed Final

FIELD EVENTS

- Discus:** Sub Midget, Midget, Sub Youth, Youth, Intermediate, Young Women, Young Men
- Long Jump:** Primary Sub Bantam, Bantam, Sub Midget, Midget, Intermediate, Sub Youth, Youth Young Women, Young Men
- Triple Jump:** Youth, Intermediate, Young Women, Young Men
- Shot Put:** Primary, Sub-Bantam, Bantam, Sub Midget, Midget, Sub Youth, Youth, Intermediate, Young Women, Young Men
- High Jump:** Bantam, Sub Midget, Midget, Intermediate, Sub Youth, Youth, Young Women, Young Men
- Pole Vault:** Youth and Intermediate Girls Will be combined with Young Women, then Youth Boys, Intermediate Boys and Young Men



•**Notes:** Any race shown as a semifinal that has 8 or fewer contestants will be run as a final. This is a rolling schedule you are responsible for being at your event on time. PA announcements will be made throughout the day. All athletes must report in for field events.

Coaches Meeting: A Coaches meeting will be held at the conclusion of the 3000 Meter Run

