

TABLE OF CONTENTS

Track



Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

CALENDARTR2

I. INTRODUCTIONTR4

II. TRACK AND FIELD CALENDAR FOR THE 2025-26 SCHOOL YEARTR4

III. TRACK REGULATIONSTR5

IV. GENERAL INFORMATIONTR8

V. COACHES' ETHICS AND PROFESSIONAL STANDARDS.....TR8

VI. VIOLATIONS OF CONSTITUTIONS, RULES, REGULATIONS OR OSSAA POLICIES.....TR9

VII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVESTR9

VIII. CONDUCT OF STUDENTS.....TR9

IX. NOISE MAKERS TR9

X. EMERGENCY ACTION PLAN TR9

XI. HAZING TR9

XII. TAUNTINGTR9

XIII. OFF SEASON TRY-OUTSTR10

XIV. SUMMERTIME DEAD PERIODTR10

XV. REGIONAL TRACK MEET ORDER OF EVENTS AND STARTING TIMESTR11

XVI. STATE TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMESTR12

STATE MEET RECORDSTR13

BOYS STATE CHAMPIONS 1944-2025.....TR15

GIRLS STATE CHAMPIONS 1972-2025.....TR18

TRACK SEASON CALENDAR

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17 Rules Meeting at the OCCTCA Winter Clinic
18	19	20	21	22	23	24
25	26	27	28 ZOOM Rules Meeting – 7:00 pm	29	30	31

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Regional Host Request Due	5	6	7

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Season opens						

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 Coaches on-line rating opens at 8:00 a.m. (A – 4A)	14	15	16	17 Coaches On-line Rating closes at 4:00 p.m. (A – 4A)	18
19	20 Coaches on-line rating opens at 8:00 a.m. (5A-6A)	21	22	23 Regional Assignments Released (A – 4A)	24 Coaches On-line Rating closes at 4:00 p.m. (5A-6A)	25
26	27 Regional Manager & Referee ZOOM Meeting 1:00 p.m.	28	29	30 Final Regional entries for classes A-2A-3A-4A Due at 5:00 PM Regional Assignments Released (5A-6A)		

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 A-2A-3A-4A Reg. Meet
3	4 A-2A-3A-4A Online Academic Achievement Form Due	5	6	7 Final Regional Entries for 5A-6A Due at 5:00 PM	8 A-2A-3A-4A State Meets	9 A-2A-3A-4A State Meets 5A-6A Regional Meet
10	11 5A-6A Online Academic Achievement Form Due	12	13	14	15 5A-6A State Meet	16 5A-6A State Meet
17	18	19	20 Coaches Advisory ZOOM Meeting - 2:00 pm	21	22	23

ALL INFORMATION REGARDING REGIONAL ASSIGNMENTS WILL BE POSTED TO THE OSSAA WEB PAGE BY 4:00 P.M. ON APRIL 23rd (A – 4A) and April 30th (5A-6A).

EDUCATION-BASED ACTIVITY PROGRAMS

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process, but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an environment in which a student has the opportunity to reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal: Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

ENSURING GOOD SPORTSMANSHIP AT OSSAA MEMBER SCHOOLS REQUIRES THE RESPONSIBILITIES OF DIFFERENT GROUPS BE COORDINATED AND CARRIED OUT AT EACH CONTEST INVOLVING SECONDARY LEVEL STUDENTS.

1. **School Administration:** The responsibility for fan behavior resides with the participating school administrations from each participating school (combined with the host site security in neutral site contests). School administration must provide adequate supervision at the venue. Negative behavior targeting participants or officials must not be tolerated. Removal of non-compliant fans shall be managed by the administrative team. A report detailing the circumstances must be sent to the OSSAA anytime a fan is removed from a contest.
2. **Coaches:** Head coaches must communicate expectations for fan/parent, and player behavior. Communications should include consequences for unruly fan/parent or player behavior and be shared with each player and the player's parent/guardian.
3. **Officials:** Officials shall, upon arrival at the contest, meet with on-site administration to ensure lines of communication are open and officials know where to find school administration should a problem arise outside the playing area. Under no circumstances should an official directly remove a person outside the playing area from the venue. The administrative team or designee will be responsible for removal of any fan.
4. **Participants:** Participants experiencing inappropriate behavior from other participants and/or non-participants during the contest must communicate those issues directly to their coaching staff to ensure identifiable issues are addressed by the administrative teams

NOTE: ALL NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED

I. INTRODUCTION

- A. Purpose
 - 1. The track and field coaches manual has been prepared to provide information to coaches, meet directors and officials and to promote greater consistency in junior high and high school track meets throughout the state of Oklahoma.
 - 2. The manual shall be considered as official interpretation unless the schools are notified of a change by the OSSAA Board of Directors.
- B. Coaches Responsibility
 - 1. To instruct each student athlete on their team the OSSAA rules and regulations for track and field.
 - 2. For each coach to have all applicable forms sent to the OSSAA office by the listed deadline.

II. TRACK AND FIELD CALENDAR FOR THE 2025-2026 SCHOOL YEAR

- A. State rules meeting
 - 1. January 17, 2026, and January 28, 2026
The in-person rules meeting will be conducted at the OCCTCA winter clinic on January 17th.
There will also be a rules meeting via ZOOM on January 28, 2026, at 7:00 p.m. If you are unable to attend either meeting, you may view the ZOOM meeting on the Track page of OSSAA.com on or after February 3, 2026.
 - 2. STATE RULES MEETING REQUIREMENTS FOR COACHES)-Each head coach of all varsity teams shall attend an OSSAA state rules meeting for that sport for the current school year. If the head coach does not attend a meeting, an online rules meeting is available at www.ossaa.com. Written verification of the online rules meeting must be submitted to the OSSAA. All head coaches of fall activities must complete their state rules meeting by September 1st, all head coaches of winter activities must complete their state rules meeting by December 1st, and all head coaches of spring activities must complete their state rules meeting by March 1st. The penalty for failure to attend a state rules meeting or to complete an online rules meeting and submit proper documentation to the OSSAA office by the prescribed deadlines will result in the school suspending the head coach for all interscholastic competition until the coach is in compliance and proper documentation has been submitted and verified by the OSSAA.
 - 3. The OSSAA Board of Directors authorized the implementation of a Coaches Education Program. All first-year athletic coaches and any adjunct/volunteer personnel will be required to complete the NFHS Fundamentals of Coaching course prior to their participation as a coach in any OSSAA regular season contest.
- B. First contest - March 1, 2026
- C. Contest limits for 2026 season:
 - 1. High school students are limited to eight meets, three of which must occur when there is no loss of instructional time, including travel time.
 - 2. Junior High students are limited to six meets, two of which must occur where there is no loss of instructional time, including travel time.
 - 3. A ninth-grade student can participate both on a Jr. High team and a high school team but may not participate on both teams at the same meet. A ninth grader who participates in both the Jr. High and high school teams shall be limited to eight meets.
 - 4. Practice meets are allowed and will not count against meet limitations if the following criteria is met:
 - a. No more than four teams will participate.
 - b. No entry fee is charged.
 - c. No awards are given.
 - d. There is no loss of school time including travel time.
 - 5. VIOLATION OF CONTESTS LIMITS
 Generally, if the contest, meet, or tournament limits for a particular activity have been exceeded, by either a school team or by individual participants from a school, the following sanctions will be applied:
 - a. The contest(s) that exceed the limits must be forfeited.
 - b. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season and any championship play-off events for that school year.
 - c. The head coach in that activity may also be suspended from coaching any regular season contests, at the same level, in the same activity, in the subsequent season for that activity.
 - d. The school will not be allowed to host any play-off contest in that activity during the school year in which the violation occurred.
 - e. The program will be placed on warning for a period of one year.
 - 6. It is **required** that all high school meets sanctioned by the OSSAA have a certified meet referee officiating the meet.
 - a. A certified official is one who has taken and passed the NFHS Track and Field Rules Exam.
 - b. There should be no unattached athletes participating in Oklahoma Track Meets during the season.
 - 7. OSSAA member school track teams may participate in three indoor meets between January 1 and March 1. OSSAA will not sanction indoor meets outside of Oklahoma.
 - 8. A sanctioned meet by OSSAA carries the OSSAA's catastrophic insurance coverage. Non-sanctioned meets do not have the coverage. A sanctioned varsity meet, grades 9-12, must have a certified track referee.

9. All participants at meets are limited to participating in no more than four events, including relays.

CONTESTANT MAY OFFICIALLY PARTICIPATE IN:	
Four individual events	No relays allowed.
Three individual events	May be listed on any number of relays but compete in only one relay.
Two individual events	May be listed on any number of relays but compete in only two relays.
One individual event	May be listed on any number of relays but compete in only three relay.
Zero individual events	May be list on any number of relays and many compete in four relays.

- D. Beginning and ending of season
- Organized practice for Track and Field may begin no earlier than December 1.
 - Organized practice for Indoor Track and Field may begin no earlier than October 1.
 - Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport. From the close of the season for Track and Field to the start date of December 1, no organized practice in that sport may take place. However, certified school coaching personnel for that sport are permitted to provide instruction in that sport in a physical education class during the regular school day.
 - If a member school does not schedule a physical education class during the regular school day, then an additional period may be scheduled immediately after the close of the regular school day, not to exceed one hour for the purpose of conducting a physical education class, and instruction in a particular sport may be provided by certified school coaching personnel to students during that additional one-hour period. Time spent transporting student participants to an off-site facility or from one school site to another for the purpose of providing instruction in a particular sport during a physical education class or during the one-hour period immediately following the school day shall not be counted toward the time allowed for off-season instruction. The practice period shall begin immediately upon the arrival of the athletes.
- E. Regional Track Host Request form can be found on the OSSAA website (www.ossaa.com) under “forms.” The due date for all requests is February 4, 2026.
- F. For Classes A – 4A, coaches on-line rating opens at 8:00 a.m. April 13 and closes at 4:00 p.m. on April 17. For Classes 5A/6A, coaches on-line rating opens at 8:00 a.m. April 20 and closes at 4:00 p.m. on April 24.
- G. For Classes A – 4A, regional assignments will post on the track page of our website no later than 4:00 pm on April 23, 2026. For Classes 5A/6A, regional assignments will post on the track page of our website no later than 4:00 pm on April 30, 2026.
- H. Referees and regional managers of all classes will meet by ZOOM on Monday, April 27, 2026, at 1:00 p.m.
- I. For Classes A – 4A, regional entries and team rosters must be entered on ok.milesplit.com by 5:00 pm on April 30, 2026.
- J. Classes A – 4A regional meet – May 2, 2026. A – 4A state track entry forms must be given to regional site manager immediately following the regional meet.
- K. Classes A – 4A **Academic Achievement Award link can be found on the track page of the OSSAA website (www.ossaa.com).** This must submitted no later than May 4. **All athletes that participate at the regional meet must be listed on the Academic Achievement Award application. In classes A/2A, a minimum of ten athletes must participate to be eligible to apply for the award. In classes 3A/4A, a minimum of twelve athletes must participate to be eligible to apply for the award.**
- L. For Classes 5A and 6A, regional entries and team rosters must be posted by 5:00 pm on May 7, 2026.
- M. Classes A – 4A state meet - May 8-9, 2026.
- N. Classes 5A-6A regional meet - May 9, 2026. 5A and 6A state track entry forms must be given to regional site manager immediately following the regional meet.
- O. Classes 5A-6A **Academic Achievement Award link can be found on the track page of the OSSAA website (www.ossaa.com).** This must be submitted no later than May 11. **All athletes that participate at the regional meet must be listed on the Academic Achievement Award application. In classes 5A/6A, a minimum of fourteen athletes must participate to be eligible to apply for the award.**
- P. 5A-6A state meet - May 15-16, 2026.
- Q. Coaches advisory committee ZOOM meeting - May 20, 2026, at 2:00 p.m.

III. TRACK REGULATIONS

- A. Meets
- Regional meets
 - Classes A-2A-3A-4A – May 2, 2026
 - Classes 5A-6A - May 9, 2026
 - State meets
 - Classes A-2A - May 8-9, 2026
 - Classes 3A-4A - May 8-9, 2026
 - Classes 5A-6A - May 15-16, 2026
 - Ticket Prices - Admission prices have been set by the Board of Directors
 - Regionals - \$7.00 per online ticket plus a processing fee of \$1.35 (\$8.35) or a \$10 cash option
 - State - \$10.00 per ticket plus a processing fee of \$1.50 (\$11.50) or a \$13 cash option**
- B. Track Classification for 2025-2026: In compliance with Rule 14, schools meeting established criteria as well as the success factor may be elevated in classification, necessitating other schools to be moved down in classification. If a school is to be moved down, it will be the school with the smallest ADM.
- Class 6A (32 schools with largest A.D.M.)
 - Class 5A (next 40 schools with largest A.D.M.)
 - Class 4A (next 56 schools with largest A.D.M.)

4. Class 3A (next 64 schools with largest A.D.M.)
5. Class 2A (next 96 schools with largest A.D.M.)
6. Class A (all remaining schools)

****An exception to classification numbers may be made due to Rule 14. ****

C. Regional Assignments

1. For classes A-4A, regional track assignments will be released April 23, 2026. For classes 5A/6A, regional track assignments will be released April 30, 2026. For classes A-4A, each coach can be a part of this process by rating online by April 17, 2026, at 4:00 p.m. For classes 5A/6A, each coach can be a part of this process by rating online by April 24, 2026, at 4:00 p.m.

D. Entry Form Deadline

The regional entry deadline for classes A-2A-3A-4A is April 30, 2026. For classes 5A-6A, the deadline is May 7, 2026. Regional entries must be submitted on MileSplit (ok.milesplit.com) by the deadline. **All seeds for regional heats/flights will come from verified meet results that have been uploaded onto MileSplit.**

E. Entry Fee

DO NOT send an entry fee as your school should have included the activity fee in the total service fee paid in October. If your school has not paid a track participation fee, please submit \$75.00 per team to the OSSAA office prior to participating in the regional meet.

F. Qualifying for the State Meet

Regional winners of first, second, and third places qualify for the state championship. The next four best performances from 4th - 7th place finishers (times, heights and distances) also qualify for the state meet, provided that the state meet site consists of eight or more lanes. At state sites with less than eight lanes, the next two best performers from 4th-7th place finishers in regional meets will advance to the state meet. If there are ties resulting in the automatic qualifiers being more than 12, we will take that many less additional qualifiers.

1. Electronic times to the one-thousandth place may be used to break ties in running events during the regional track meets. In the event that times are identical through the one-thousandth place at the regional track meets or to the one-hundredth place when the one-thousandth place is not available, the OSSAA may use a run-off to break the tie.
2. When there are ties in field events of additional qualifiers (4th- 7th place), those tied will advance to the state meet.
3. The OSSAA may fill empty state meet slots with additional qualifiers from 4th- 7th place finishers from the regional meets.
4. An empty slot **will not** be filled for the state meet when a qualifier withdraws or has been disqualified after the results of the regional meet have become official.
5. In the horizontal field event, eight participants will advance to the finals at regional and state.
6. **In the field events, when there are less than 16 qualifiers (12 automatic and 4 additional), the OSSAA may add additional qualifiers to reach 16 by adding the next highest height/mark from the regional meets.**

G. Scoring

1. Six places will score at the regional meets.
Individual scoring will be 10, 8, 6, 4, 2, 1.
Relay scoring will be 20, 16, 12, 8, 4, 2.
2. Eight places will score at the state meets.
Individual scoring will be 10, 8, 6, 5, 4, 3, 2, 1.
Relay scoring will be 20, 16, 12, 10, 8, 6, 4, 2.

H. Regional and State Meets

The regional and state meets are continuous meets in the respect that if a contestant at the regional meet qualifies for the state meet in an individual event, that event will count as one (1) of the four (4) events at the state meet whether they choose to become a competitor or not in that qualified event.

Rule 4, Sec 1, Art 2...Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which the contestants are entered.

Rule 4, Sec 2, Art 1....A competitor shall not compete in more than four events, including relays.

PENALTY: A competitor who participates in more than the allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points, and place(s) shall also be forfeited.

A contestant involved in a tied event runoff at state, is not a state qualifier until the contestant earns a heat and lane as a result of the runoff. If earned, that individual event will count as one (1) of the four (4) events at the state meet.

I. Substitution

1. Substitutions may not be made for individual qualifiers.
2. Relay teams qualify from the regional meet to the state meet as a school.
 - a. Substitutions may be made from the regional meet to the state meet as long as a participant is in compliance with the four event rule.
 - b. The coach must submit the list of contestants entered to the clerk of the course before the start of the event.
 - c. Relay cards shall be used at the regional and state meets.
 - d. No more than eight individuals may be listed on the relay card. Any substitutions must come from those names on the relay card. (NFHS Rule)
3. **If a contestant or a team participates in an event or a relay in the preliminaries of the regional meet or state meet, that event must count as one (1) of the four (4) events allowed for an individual in the regional meet or state meet, respectively.**

4. After qualifying in the preliminaries, a contestant or team wishing to withdraw from an event must report to the clerk of the course to withdraw from the event. The event in which an individual or team withdraws will count as one of the four (4) individual events.

J. General Regulations

1. The regional meet will be an all-timed finals meet for all running events. Lane assignments for the regional finals shall be determined by times from the 2026 season uploaded on the MileSplit website. Those athletes that do not have a time, distance, or height will be allowed to participate with the athletes being seeded after all other entries are seeded and will not receive any preference to lanes and order of competition.
2. All races running around one curve will be started just before entering the curve. The 200 meter and the 400 meter dash, the 400 meter relay and the 800 meter relay will be run in lanes. The 1600 meter relay is to be run in lanes for three turns. The 800 meter run, the 1600 meter run and the 3200 meter run will be in lanes on the first turn only. The 300 meter intermediate hurdles for boys and girls are to be run around one curve.
3. Seeding of the heats for the state meet will be determined by regional times. Additional qualifiers will also be seeded by their regional time. At the state meet, all qualifiers from the preliminaries to the finals; will be determined by time. Preferred lanes in the finals will be assigned according to time. If the state meet facility has eight lanes, eight people may qualify from the preliminary heats of the state meet. If the state meet facility has seven lanes, seven people may qualify from the preliminary heats of the state meet. Also, at the state meet, field event qualifiers will be eight and ties when eight qualify in running events and seven and ties, for those meets qualifying seven in running events.
4. At the regional and state meets, the shot and discus will be weighed and gauged by the meet management or approved by the games committee. Athletes shall not bring illegal implements into a competition area.
5. Field event results will not be declared official until they have been certified by the meet referee or the field referee or their designee.
6. The official's decision at the regional and state meet will be final.
7. Uniforms must comply with the National Federation Rules. Only uniforms designed for track and field will be considered legal uniforms. Football jerseys, weightlifting shirts, etc. are not considered to be legal uniforms. **Caps, hats, visors, and bandanas shall not be worn. Headbands, an item that goes around entire head, may be worn.**
8. Junior High and Elementary Track Implement Suggestions: Disc: 1k (JH/Elem); Shot: 4k (JH), 1k/8lbs (Elem)
9. The games committee will rule on all situations not covered in the manual, prior to the start of the event.
10. It is recommended that the regional and state format be used at sanctioned invitational meets. Failure to enforce the National Federation Rules at the invitational meets could jeopardize the sanctioning of the meet the following year.
11. Please see your athletic director or principal for precautionary recommendations concerning AIDS and Hepatitis B.
12. Practice or competition in athletics will not be allowed on a site after the site has been announced in any play-off activity except for a regularly scheduled contest or the host school may practice at site if that is the team's regular practice site.
13. Sub-varsity only athletes in track and field: Athletes that have sub-varsity only eligibility status (these are athletes that are *ineligible* for varsity competition due to a residency issue) may not participate in events designated to be varsity events. In track and field, sub-varsity only athletes may not compete in heats or flights that are varsity designated against varsity eligible athletes. The head coach and meet managers shall ensure that sub-varsity only athletes are not placed in heats or flights designated as varsity competition. (Violations for sub-varsity only athletes competing in varsity events could involve sanctions that disqualify all athletes from the school in the heat/flight and meet sit-out for the coach. Meet managers risk forfeiting approved sanctioning in future meets from OSSAA.)

K. Awards

1. Six medals in each event will be given at the regional meets.
2. Six medals in each event will be given at the state meets.
3. Trophies will be given to the champion team at the regionals and a runner-up and championship trophy will be given at the state meet in each class. If two teams tie for the championship, first place trophies will be awarded to both teams, and no runner-up trophy will be presented. If two teams tie for the runner-up position both teams will receive runner-up trophies.
4. Athletes shall not remove any part of the team uniform, excluding shoes, while in an area of competition including the awards area.

L. Officials

1. The Clerk of the Course is to obtain the name of each member of a relay team to help prevent a contestant from participating in more than the limited number of events.
2. For regional competition, a three (3) member appeals committee should be selected from the schools represented. It is recommended that the director of the meet get the representatives from all schools together to determine a three (3) member committee.
3. The appeals committee for the state meet will be appointed by the OSSAA or the meet director.
4. Each regional and state meet will have a designated referee. The duties of the referee are listed in the NFHS Track and Field Rules Book. The referees, meet officials and regional managers of all classes will meet by ZOOM Monday, April 27 at 1:00 p.m.
5. The referee may, if he/she desires, consult with the Jury of Appeals on any decision not specifically covered by the rules.

6. Appeals Procedure: The head coach first makes protest to the meet referee. If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury of appeals. The decision of the Jury of Appeals shall be final.
7. The starting heights for the high jump and pole vault shall be set by the games committee. Two inch even increments shall be used for the high jump and six inch even increments for the pole vault. (Starting on even foot or half foot)
8. Preferred lane assignments:
 - a) Six lane = 3-4-2-5-6-1
 - b) Seven lane = 4-5-3-6-2-7-1
 - c) Eight lane = 4-5-3-6-2-7-1-8
9. Distance preferred lane assignments will be from outside-in
 - a) 7A-1, 6A-2, 5A-3, 4A-4, 3A-5, 2A-6, 1A-7
7B-8, 6B-9, 5B-10, 4B-11, 3B-12, 2B-13, 1B-14
 - b) 8A-1, 7A-2, 6A-3, 5A-4, 4A-5, 3A-6, 2A-7, 1A-8
8B-9, 7B-10, 6B-11, 5B-12, 4B-13, 3B-14, 2B-15, 1B-16
10. Preliminary Heating for the State Meet

Lanes	1	2	3	4	5	6	7		Lanes	1	2	3	4	5	6	7	8
Heat 1	14	10	6	2	3	7	11		Heat 1	14	10	6	2	3	7	11	15
Heat 2	13	9	5	1	4	8	12		Heat 2	13	9	5	1	4	8	12	16

M. Inclement Weather –

1. If weather becomes a factor, safety of the athletes is the top priority. We would be hopeful to complete all the regional meets as scheduled, but not at the expense of taking all the necessary precautions possible to avoid injury to any of the participants because of inclement weather. Coaches should call the meet manager before leaving if inclement weather could be a factor for postponement.
2. Should it become necessary to suspend or postpone the regional meet on Saturday, it may be resumed on Sunday at 2:00 p.m. if unanimous agreement is given by all participating schools. Before coaches approve Sunday afternoon as an alternate schedule, they should consider the wishes of their school administration and school district. If weather is a factor Saturday, please discuss the options at the 8:30 a.m. coaches meeting. An alternate plan in case of bad weather should be determined prior to the meet beginning. If Sunday is not a unanimous option, the meet will resume Monday at the point of suspension.

N. National Federation Track Rules Book and Case Book

1. Will be sent to each boys and girls track coach prior to beginning of the season.

O. State Rules Interpreters

1. Tim Palesano
2. Randy Belicek

IV. GENERAL INFORMATION

A. Junior High

A junior high team may be composed of seventh, eighth, and ninth grade students, or any combination of them. If ninth grade students are included, the team may not include students from grades below the seventh grade. Students below the seventh grade may participate with seventh and eighth grade students, but ninth grade students cannot participate in any event of the meet. A separate division at a meet may be provided and be limited to such teams.

B. Invitational Meets

NFHS Track Rules and OSSAA Track Policies will govern invitational meets. Waiving NFHS Track Rules and/or OSSAA Track Policies may remove OSSAA sanctioning (and catastrophic insurance) from the event.

C. Weekly Eligibility

A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstance.

- D. Sub-varsity only athletes in track and field: Athletes that have sub-varsity only eligibility status (these are athletes that are *ineligible* for varsity competition due to a residency issue) may not participate in events designated to be varsity events. In track and field, sub-varsity only athletes may not compete in heats or flights that are varsity designated against varsity eligible athletes. The head coach and meet managers shall ensure that sub-varsity only athletes are not placed in heats or flights designated as varsity competition. (Violations for sub-varsity only athletes competing in varsity events could involve sanctions that disqualify all athletes from the school in the heat/flight and meet sit-out for the coach. Meet managers risk forfeiting approved sanctioning in future meets from OSSAA.)

V. COACHES' ETHICS AND PROFESSIONAL STANDARDS

- A. Exemplify the highest moral character, behavior and leadership.
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- D. Respect the integrity and judgment of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
- E. Demonstrate a mastery of and continuing interest in, coaching principles and techniques through professional improvement.
- F. Encourage and respect all athletes and their values.
- G. Display modesty in victory and graciousness in defeat.
- H. Promote ethical relations among coaches.

- I. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- J. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- K. Seek to instill good health habits, including the establishment of sound training rules.
- L. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- M. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- N. Any time a coach who does not hold a valid Oklahoma teaching certificate (lay or volunteer coach) is ejected from a contest for unsportsmanlike conduct, including but not limited to arguing a call, language or gestures directed toward a game official, he or she will be required to complete the NFHS Teaching and Modeling Behavior course within seven (7) days of the ejection, the course can be found at [NFHSLearn.com](https://www.nfhslearn.com). Additionally, personnel not holding a valid Oklahoma teaching certificate must meet with a representative of the OSSAA prior to being reinstated to coach the school team. A school administrator will also be required to attend the meeting.

VI. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES

When a violation of OSSAA's Constitution, Rules, Regulations, or Policies has been determined to have occurred, the Executive Director is authorized to impose sanctions or remedies, which may include suspending a coach or other school personnel from coaching and/or activity program management responsibilities, or imposing limits or conditions on those coaching and/or activity management responsibilities.

VII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES

Any school representative who publicly criticizes a contest official, or members of the OSSAA Staff or Board of Directors and any contest official who publicly criticizes a school representative, or members of the OSSAA Staff or Board of Directors in connection with a contest, meet, or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension.

Public criticism includes, but is not limited to, comments made to the media or during a broadcasted event, and comments made in a public forum.

VIII. CONDUCT OF STUDENTS

1. Please refer to Rule 4 in OSSAA Rules and Regulations Handbook located in the principal or athletic director's office concerning the conduct and fighting rules.
2. It is mandatory that all head coaches remind his/her team that fighting during the post-game hand shaking ceremonies or conducting themselves in an unsportsmanlike manner after the game will be severely penalized. The head coach and team will be subject to additional suspension penalties beyond the normal penalties imposed on fighting and unsportsmanlike acts that occur during the contest. Injuries have occurred because of fans climbing over walls and fences, being trampled, or partaking in dog-pile celebrations, etc. at the conclusion of a contest. Therefore, school administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed.

IX. NOISE MAKERS

For indoor activities: Boom boxes or any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contests.

For outdoor activities: Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.

X. EMERGENCY ACTION PLAN

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, that identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property. A template for an EAP is on the OSSAA website under the sports medicine tab.

XI. HAZING

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.

XII. TAUNTING

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

XIII. OFF SEASON TRY-OUTS

During the school year, only students attending school in the district for which the try-out is held may be permitted to participate in a try-out. Try-outs should only be conducted for the purpose of the selection of a school team and may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be allowed for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at the member school detailing the dates, times and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school.

Exception: During the school year, Spirit may conduct a clinic of no more than 4 days, each day of the try-out clinic may be up to two hours in length. All students participating in the tryout must be attending school in the district for which the try-out is being held.

XIV. SUMMERTIME DEAD PERIOD

The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be nine (9) days in length and begin the weekend preceding the 4th of July and the weekend following the 4th of July.

Secondary-level students enrolled or pre-enrolled at a member school may not use any member school's athletic facilities during the dead period in connection with any athletic activity governed by the OSSAA. Member school coaches, assistant coaches and sponsors may not have any contact with secondary-level enrolled or pre-enrolled students in that member school in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

SUMMERTIME DEAD PERIOD QUESTIONS AND ANSWERS

1. How do I know when the dead period begins and ends each year?
Answer: The dead period will be nine (9) days in length and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July.
2. Does the Summertime Dead Period Policy cover non-athletic activities?
Answer: No, the Summertime Dead Period Policy only applies to athletic activities that are governed by the OSSAA.
3. Can a coach and a player have any contact during the Summertime Dead Period?
Answer: No, contact between coaches, assistant coaches and sponsors with enrolled or pre-enrolled students for the purpose of coaching, teaching, training, or instructing is prohibited.
4. Can a student participate without the member school coach at member school facilities in an athletic activity during the Summertime Dead Period?
Answer: No, school athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA.
5. Can a member school coach use member school facilities to train, coach or instruct secondary-level students during the Dead Period?
Answer: No, the policy prohibits the use of member school facilities during the Dead Period for the purpose of coaching, teaching, training, or instructing. Field maintenance is not prohibited by the policy.
6. Does the Summertime Dead Period Policy prohibit participation in a National level tournament during the dead period?
Answer: No, the coach and any enrolled or pre-enrolled students who have qualified earlier in the summer for a national level tournament may participate in that tournament.

XV. REGIONAL TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement Weather may impact starting times)

A-2A-3A-4A May 2, 20265A-6A May 9, 2026Saturday8:30 Coaches Meeting9:30 Starting time**FIELD EVENTS**

9:30	<u>(2A-4A-6A)</u>	Girls, Boys High Jump
9:30	<u>(A-3A-5A)</u>	Boys, Girls Long Jump
9:30	<u>(2A-4A-6A)</u>	Girls, Boys Shot Put
9:30	<u>(A-3A-5A)</u>	Boys, Girls Discus
9:30	<u>(2A-4A-6A)</u>	Boys, Girls Pole Vault
11:00	<u>(A-3A-5A)</u>	Girls, Boys High Jump
11:00	<u>(2A-4A-6A)</u>	Boys, Girls Long Jump
11:00	<u>(A-3A-5A)</u>	Girls, Boys Shot Put
11:00	<u>(2A-4A-6A)</u>	Boys, Girls Discus
11:00	<u>(A-3A-5A)</u>	Boys, Girls Pole Vault

(All-Timed Finals)

9:30	3200 - Girls, Boys
12:00 pm	400 Relay - Girls, Boys
	3200 Relay - Girls, Boys
	100 Hurdles - 33" Girls
	110 Hurdles - 39" Boys
	100 - Girls, Boys
	400 - Girls, Boys

45 Minute Break

800 Relay - Girls, Boys
800 - Girls, Boys
300 Hurdles - Girls, Boys

15 Minute Break

200 - Girls, Boys
1600 - Girls, Boys
1600 Relay - Girls, Boys

*NOTE: The games committee may make adjustments to the time schedule if circumstances are justified.

XVI. STATE TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement weather may impact starting times)

FIELD EVENTS: FRIDAY

9:30	(2A-4A-6A)	Girls, Boys High Jump
9:30	(A-3A-5A)	Boys, Girls Long Jump
9:30	(2A-4A-6A)	Girls, Boys Shot Put
9:30	(A-3A-5A)	Boys, Girls Discus
9:30	(2A-4A-6A)	Boys, Girls Pole Vault

FIELD EVENTS: SATURDAY

9:30	(A-3A-5A)	Girls, Boys High Jump
9:30	(2A-4A-6A)	Boys, Girls Long Jump
9:30	(A-3A-5A)	Girls, Boys Shot Put
9:30	(2A-4A-6A)	Boys, Girls Discus
9:30	(A-3A-5A)	Boys, Girls Pole Vault

FRIDAY8:00 a.m. Implement weigh-in (Weigh-in completed by 9:30)8:45 a.m. Coaches meeting9:00 a.m. Track opens for 3200-meter runners only (G & B)9:45 a.m. 3200 Meter Run - Girls, Boys (Final)11:00 a.m. Track opens for Girls warmup(4x100, 100/110 hurdles track 4x800 relay infield)11:30 a.m. Track opens for Boys warmup(4x100, 100/110 hurdles track 4x800 relay infield)

Approximate Starting

Times

12:15	UNIFIED 400 Meter Relay (Preliminary) (Site TBA)
12:30	400 Meter Relay - Girls, Boys (Preliminary)
1:10	3200 Meter Relay - Girls, Boys (Final)
2:05	100-Meter-High Hurdles 33" - Girls (Preliminary)
2:15	110-Meter-High Hurdles 39" - Boys (Preliminary)
2:30	100 Meter Dash - Girls, Boys (Preliminary)
2:50	400 Meter Dash - Girls, Boys (Preliminary)
3:30	300 Meter Low Hurdles 30" -Girls (Preliminary)
3:45	300 Meter Low Hurdles 36" - Boys (Preliminary)
4:00	200 Meter Dash - Girls, Boys (Preliminary)
4:20	Academic State Champion Presentation (A, 3A, 5A)
4:40	<u>Track open for Girls 800-meter relay warmup (coaches and athletes)</u>
5:00	<u>Track open for Boys 800-meter relay warmup (coaches and athletes) Girls 800-meter relay heating</u>
5:20	Track closed Boys 800-meter relay heating
5:25	800 Meter Relay - Girls, Boys (Final)

SATURDAY8:00 a.m. Implement weigh-in (Weigh-in completed by 9:30)10:30 a.m. Track opens for Girls warmup11:15 a.m. Track opens for Boys warmupALL FINALS

Approximate Starting

Times

12:15	UNIFIED 400 Meter Relay (Site TBA)
12:30	400 Meter Relay - Girls, Boys
12:50	800 Meter Run - Girls, Boys
1:10	100-Meter-High Hurdles - 33" - Girls
1:20	110-Meter-High Hurdles 39 - Boys
1:35	100-Meter Dash - Girls, Boys
1:45	Academic State Champion Presentation (2A, 4A, 6A)
2:05	400 Meter Dash - Girls, Boys
2:25	300 Meter Low Hurdles 30" - Girls
2:40	300 Meter Low Hurdles 36" - Boys
2:55	200 Meter Dash - Girls, Boys
3:10	1600 Meter Run - Girls, Boys
3:50	1600 Meter Relay - Girls, Boys
4:35	Team Awards Presentation

STATE MEET RECORDS

The following state meet records are the official meet records on file in the OSSAA office. If you find an incorrect record, please notify us in writing and show proof of what you believe to be the STATE MEET record. Any corrections must be made prior to the regional meet in order to appear in the state meet program.

CLASS 6A BOYS

100 Meter Dash	10.20	Williams	Stillwater	2021
200 Meter Dash	20.37	Wakefield	Edmond North	1997
400 Meter Dash	46.97	Davis	B.T. Washington	1984
400 Meter Relay	40.74		Union	2024
800 Meter Relay	1:25.15		Westmoore	2022
1600 Meter Relay	3:14.38		John Marshall	1990
3200 Meter Relay	7:47.07		Putnam City	1994
110 Hurdles	13.86	Jones	Lawton	1980
300 Hurdles	36.88	Austin	Eisenhower	1993
800 Meter Run	1:51.35	Rammage	Southmoore	2024
1600 Meter Run	4:11.36	Avery	Ponca City	1979
3200 Meter Run	9:08.7	Thatcher	Edmond	1982
High Jump	7'04".50	Turner	Yukon	2016
Long Jump	25'01"	A. Riley	Westmoore	2018
Shot Put	65'-07"	Larrison	Moore	2018
Discus	210-09	Larrison	Moore	2018
Pole Vault	17-02	Dial	Jenks	2015

CLASS 6A GIRLS

100 Meter Dash	11.38	Atkinson	Southmoore	2021
200 Meter Dash	23.58	Njenje	Santa Fe	2023
400 Meter Dash	54.07	E. Njenje	Santa Fe	2023
400 Meter Relay	46.16		Mustang	2025
800 Meter Relay	1:37.14		Mustang	2025
1600 Meter Relay	3:45.7		John Marshall	1984
3200 Meter Relay	9:12.04		Jenks	2022
100 Hurdles	13.70	Nubine	Ed Memorial	2024
300 Hurdles	42.78	Waibel	Jenks	1999
800 Meter Run	2:07.83	Nelson	Owasso	2025
1600 Meter Run	4:49.24	P. Hinkle	Broken Arrow	2022
3200 Meter Run	10:33.36	Nelson	Owasso	2025
High Jump	5'10"	Clough	Yukon	1981
Long Jump	20'07".50	Watkins	Mustang	2025
Shot Put	47-03	L. Jaques	Moore	2025
Discus	163-06	Spurgeon	Owasso	2007
Pole Vault	13-00	K. Davis	Yukon	2021

CLASS 5A BOYS

100 Meter Dash	10.38	Brown	B.T. Washington	2025
200 Meter Dash	20.05	Raiden	Altus	1997
400 Meter Dash	46.99	Jackson	Claremore	2014
400 Meter Relay	40.96		MacArthur	1983
800 Meter Relay	1:26.01		Carl Albert	2025
1600 Meter Relay	3:15.49		John Marshall	1985
3200 Meter Relay	7:55.51		Deer Creek-Ed	2015
110 Hurdles	13.84	Moore	Bixby	1982
300 Hurdles	36.80	Moore	Bixby	1983
800 Meter Run	1:52.7	Dahl	Okmulgee	1973
	1:52.7	Chancellor	Guymon	1972
1600 Meter Run	4:19.77	Balenseifen	Deer Creek-Ed	2014
3200 Meter Run	9:32.4	Vaughn	Union	1977
High Jump	7'00.00	Foster,	Guthrie,	2009
		Golbek	Claremore	2009
		Hughes	Ada	2022
Long Jump	24'3.75"	Rutherford	Broken Bow	1990
Shot Put	67-08	Perry	Duncan	2011
Discus	210-08	Tabor	Ardmore	2008
Pole Vault	17-02.00	Dial	Duncan	1999

CLASS 5A GIRLS

100 Meter Dash	11.67	Craven	Glenpool	2025
200 Meter Dash	24.15	C. Ere	BT Washington	2024
		Craven	Glenpool	2025
400 Meter Dash	55.13	A. Woods	Durant	2024
400 Meter Relay	47.40		MacArthur	1987
800 Meter Relay	1:39.59		B.T. Washington	2000
1600 Meter Relay	3:56.95		Bishop Kelley	2023
3200 Meter Relay	9:41.59		Coweta	2012
100 Hurdles	14.29	Drake	John Marshall	1987
300 Hurdles	43.87	Bell	McLain	1995
800 Meter Run	2:14.92	Roberts	John Marshall	1993
1600 Meter Run	5:08.79	G. Meyers	Bishop Kelley	2023
3200 Meter Run	11:07.69	Robinson	Claremore	2025
High Jump	5'9"	Nygard	Okmulgee	1984
Long Jump	19'08.50"	Kirklin	John Marshall	1987
Shot Put	46-04.5	McLaughlin,	Ada	2023
		Dotson		
Discus	150-05	Lewis	Durant	2016
Pole Vault	12-01	Threet	Shawnee	2005

CLASS 4A BOYS

100 Meter Dash	10.4	Benn	Frederick	1987
200 Meter Dash	21.19	Smith	Okmulgee	1995
400 Meter Dash	47.56	Landreth	Elk City	1998
400 Meter Relay	41.77		Broken Bow	1996
800 Meter Relay	1:26.63		Ada	2024
1600 Meter Relay	3:17.5		Hugo	1972
3200 Meter Relay	7:56.28		Lincoln Chr	2025
110 Hurdles	13.8	West	Chandler	1972
300 Hurdles	38.05	Hill	Okmulgee	1993
800 Meter Run	1:51.70	Nobles	Elgin	2001
1600 Meter Run	4:14.78	Mazzei	Berryhill	2016
3200 Meter Run	9:15.89	Z. Black	Sallisaw	2016
High Jump	6'10"	Hargett	Hugo	1983
		Conkling	Weatherford	1996
		Callamon	Sallisaw	1996
		Smith	Star Spencer	1996
		Ramsdell	Kingfisher	2003
		Mounce	Locust Grove	2010
Long Jump	25'4".75	Locke	Hugo	2007
Shot Put	64-04.75	Garrison	Dewey	2024
Discus	195-0	Sims	Weatherford	2000
Pole Vault	17-1	Dial	Marlow	1980

CLASS 4A GIRLS

100 Meter Dash	11.78	Lilly Ray	Weatherford	2023
200 Meter Dash	24.17	Richardson	Northeast	2005
400 Meter Dash	55.05	Reynolds	Douglass	2012
400 Meter Relay	48.00		Poteau	2024
800 Meter Relay	1:41.10		Idabel	2004
1600 Meter Relay	3:54.45		Douglass	2025
3200 Meter Relay	9:30.77		Weatherford	2019
100 Hurdles	14.11	Surber	Tuttle	2021
300 Hurdles	43.08	Surber	Tuttle	2022
800 Meter Run	2:11.16	D. Matthews	Heritage Hall	2019
1600 Meter Run	4:57.64	Mazzei	Berryhill	2015
3200 Meter Run	11:02.81	Readnour	Pauls Valley	2024
High Jump	5'10"	Hammon	Plainview	2024
Long Jump	20'02".50	Spurgeon	Vinita	2016
Shot Put	45-06	Dotson, T	Ada	2024
Discus	153-08	Meacham	Clinton	2024
Pole Vault	12-03	Whitekiller	Purcell	2012

Track

2025-2026

CLASS 3A BOYS

100 Meter Dash	10.56	Andy Bass	Heritage Hall	2023
200 Meter Dash	21.01	Crenshaw	Chelsea	1998
400 Meter Dash	46.53	Roberts	Millwood	2007
400 Meter Relay	41.91		Holland Hall	2025
800 Meter Relay	1:28.45		Rejoice Christ	2023
1600 Meter Relay	3:21.41		Prague	1997
3200 Meter Relay	8:02.74		Watonga	2001
110 Hurdles	14.26	Gordon	Prague	1987
300 Hurdles	37.80	Walker	Kingston	2025
800 Meter Run	1:53.44	Pearman	Stroud	2001
1600 Meter Run	4:20.67	McGuire	Plainview	2000
3200 Meter Run	9:36.37	Green	Henryetta	2014
High Jump	6'10"	Sanford	Holdenville	2005
		Soap	Seq.-Tah	2008
		Burnett	Kiefer	2024
		Burnett	Kiefer	2025
Long Jump	23'11.75	Riley	Stroud	1982
Shot Put	68-4.75	Bookout	Stroud	2002
Discus	196-7	Bookout	Stroud	2002
Pole Vault	17-03	Hottel	Purcell	2018

CLASS 2A BOYS

100 Meter Dash	10.61	Glover	Millwood	2014
200 Meter Dash	21.42	D. Houston	Millwood	2017
400 Meter Dash	48.58	Ervin	Millwood	2011
400 Meter Relay	42.46		Fox	1986
800 Meter Relay	1:29.84		Hobart	2016
1600 Meter Relay	3:21.65		Fox	1986
3200 Meter Relay	8:08.35		Beaver	1991
110 Hurdles	14.52	McKelroy	Waurika	1995
300 Hurdles	38.67	Dillon	Ringling	1984
800 Meter Run	1:52.24	Pitchford	Hinton	2002
1600 Meter Run	4:25.30	B. Carpenter	Hobart	2019
3200 Meter Run	9:36.77	C. McLain	Mooreland	2019
High Jump	6'11"	Lemmings	Konawa	1979
		Seay	Ryan	1978
Long Jump	23-02.00	Faulkner	Jet-Nash	1978
Shot Put	57-3	Young	Sayre	1986
Discus	179-04	Swallow	Laverne	1998
Pole Vault	15-2	McCullar	Apache	1990

CLASS A BOYS

100 Meter Dash	10.55	M Bishop	Garber	2025
200 Meter Dash	21.70	Jack Ryder	Snyder	2023
400 Meter Dash	49.14	Byford	Velma-Alma	2012
400 Meter Relay	43.26		New Lima	1988
800 Meter Relay	1:30.46		Turpin	2016
1600 Meter Relay	3:24.40		Velma-Alma	2011
3200 Meter Relay	8:12.77		Velma-Alma	2012
110 Hurdles	14.11	Lynn	Velma-Alma	2012
300 Hurdles	39.21	Shoulders	Texhoma	2006
800 Meter Run	1:56.91	Gonzales	Medford	2022
1600 Meter Run	4:27.15	Rodriguez	Ringwood	2016
3200 Meter Run	9:27.10	Rodriguez	Ringwood	2016
High Jump	6'11"	T. Mora	Waurika	2017
Long Jump	23'4".75	Cowan	Balko	1994
Shot Put	56-06.00	N. Roof	Thomas-F-C	2018
Discus	171-00	Nine	Laverne	2014
Pole Vault	15-04.	Morgan	Velma-Alma	2011

CLASS 3A GIRLS

100 Meter Dash	11.84	Douglas	Watonga	1987
200 Meter Dash	24.43	Knowles	Wynnewood	1995
400 Meter Dash	55.68	Swayze	Purcell	2018
400 Meter Relay	48.48		Millwood	2025
800 Meter Relay	1:43.11		Washington	2025
1600 Meter Relay	3:58.64		Washington	2025
3200 Meter Relay	9:33.07		Henryetta	2014
100 Hurdles	14.43	K. Jones	Dewey	2018
300 Hurdles	43.01	Dickerson	Tishomingo	2010
800 Meter Run	2:14.47	Hoemann	Regent Prep	2023
1600 Meter Run	5:05.74	Ward	Beggs	2012
3200 Meter Run	11:04.26	Jones	Watonga	2006
High Jump	5'8"	Bloomer	Vian	1989
Long Jump	19'04.50"	Stephens	Atoka	2014
Shot Put	43-9.75	Jones	Wynnewood	2001
Discus	148-11	M. Collier	Hennessey	2019
Pole Vault	13-01	Nowell	Plainview	2010

CLASS 2A GIRLS

100 Meter Dash	11.91	Sikes	Fairfax	1982
200 Meter Dash	24.64	Davis	Stroud	2025
400 Meter Dash	55.97	Hall	Millwood	2014
400 Meter Relay	48.58		Millwood	2014
800 Meter Relay	1:43.64		Millwood	2014
1600 Meter Relay	4:01.26		Tonkawa	2025
3200 Meter Relay	9:48.12		Watonga	2010
100 Hurdles	14.54	Davis	Stroud	2025
300 Hurdles	44.28	James	Dibble	2016
800 Meter Run	2:15.39	Mixon	Coalgate	2006
1600 Meter Run	5:18.70	E. Gilbreath	Regent Prep	2019
3200 Meter Run	11:25.53	E. Gilbreath	Regent Prep	2019
High Jump	5'8"	Keith	Washington	2006
Long Jump	18'10.75	Mixon	Stroud	2022
Shot Put	41-10.50	Wilson	Mooreland	2013
Discus	140-07	Fisher	Stroud	2016
Pole Vault	12-00	Reece	Fairview	2014
		Burnham	Luther	2025

CLASS A GIRLS

100 Meter Dash	12.10	Tyner	Fox	1999
200 Meter Dash	24.62	Tyner	Fox	1999
400 Meter Dash	57.01	Chenoweth	Welch	2018
400 Meter Relay	49.37		Fox	2000
800 Meter Relay	1:44.42		Fox	2000
1600 Meter Relay	4:05.89		Boise City	1995
3200 Meter Relay	9:59.55		Boise City	1995
100 Hurdles	15.03	Patton	Cherokee	1989
300 Hurdles	45.07	Nail	Sasakwa	2008
800 Meter Run	2:16.40	Gilbreath	Regent Prep	2018
1600 Meter Run	5:13.60	Gilbreath	Regent Prep	2018
3200 Meter Run	11:00.52	Gilbreath	Regent Prep	2018
High Jump	5'07.00	J. Kissam	Garber	2019
Long Jump	18-04.25	Stienert	Cov.-Douglas	2005
Shot Put	44-11.50	Phillips	Cherokee	1999
Discus	145-6	Carlisle	Laverne	2010
Pole Vault	12-06.50	Pachner	Shattuck	2024

BOYS STATE CHAMPIONS 1944-2025

1944	A	Tulsa Rogers 33, Tulsa Central 23 1/3, Norman 18 1/3	1970	4A	Tulsa Washington 54, Duncan 25, Lawton 21
	B	Fairview 30 1/3, Centerview 13, Comanche 12		3A	Ada 43, Edmond 36, Guymon 22
1945	A	Tulsa Rogers 33, Tulsa Central 27, Cushing 15		2A	Wewoka 40, Marietta 31, Broken Bow and Vinita 14
	B	Fairview 16, Comanche 15, Maud 14		A	Temple 53, Weleetka 30 1/2, Okeene 27
1946	A	Tulsa Central 51, Shawnee 21 3/4, Lawton 20	1971	4A	Muskogee 39, Duncan 34, Putnam City 26
	B	Marlow 22 1/9, Addington 22, Jet 20		3A	Ada 48, Edmond 36, Star Spencer 34
1947	A	Tulsa Rogers 54, Tulsa Central 21, Norman 16		2A	Chandler 26, Hominy 22, Pauls Valley 21
	B	Fairview 32, Cleveland 19 3/5, Marlow 19		A	Cherokee 39, Wetumka 25, Thomas 23
1948	A	Tulsa Rogers 20, OC Central 23 3/4, Norman 23	1972	4A	Altus 42, Muskogee 39, Putnam City 38 1/2
	B	Fairview 36 1/5, Cleveland 19, Marlow 18 1/2		3A	Ada 60, Miami 40, El Reno 24
1949	A	Tulsa Rogers 36, Duncan 24, Tulsa Central 18		2A	Hugo 44, Chandler 35 1/2, Kingfisher 25
	B	Chandler 26, Marlow 19 4/5, Cleveland 18		A	Cherokee 42, Thomas 38, Stratford 23 3/14
1950	A	Capitol Hill 40 1/2, Stillwater 21 3/4, Tulsa Central 16 5/12	1973	4A	Muskogee 37, Tulsa Rogers 31, Capitol Hill 21
	B	Fairview 22, Byng 21, Pawnee 16		3A	Okmulgee 45 1/4, Ada 44, Ardmore 41 1/4
1951	A	Capitol Hill 40 1/2, Stillwater 21 3/4, Tulsa Central 16 5/12		2A	Pauls Valley 37 1/2, Chandler 30, Kingfisher 25
	B	Cleveland 26 1/4, Byng 21, Sayre 17 1/3		A	Cherokee 32, Thomas 22, Millwood 15
1952	A	Classen 32 1/2, Stillwater 29, Tulsa Central 26 1/2	1974	4A	Lawton 46, Edmond 42 1/2, Muskogee 33
	B	Cleveland 30, Purcell 19 1/2, Okemah 15		3A	Ada 48, Woodward 47, Stillwater 33
1953	A	Stillwater 28 1/2, Duncan 25 1/4, Ada 23 1/2		2A	Kingfisher 28, Lawton Mac 27, Pauls Valley and Spiro 22
	B	Purcell and Riverside 25, Tonkawa 20		A	Crescent 40, Fairfax and Hooker 18
1954	A	Tulsa Central 34 7/12, Classen 22, Capitol Hill 18 1/4	1975	4A	Tulsa Hale 55, Lawton 34, Del City 30
	B	Wetumka 30, Maysville 27 1/2, Healdton 15 1/2		3A	Idabel 41, Ada 39, Choctaw 25
1955	A	Capitol Hill 28, Tulsa Central 19 3/4, Ada 18		2A	Purcell 42, Spiro 23, Pauls Valley and Sallisaw 21
	B	Wetumka 29, Chandler 18, Maysville 16 1/2		A	Newkirk 26, Healdton and Mangum 18
1956	A	Northwest 24, Ada 21 1/2, Lawton, T. Central and T. Rogers 16		B	Fairfax 38, Deer Creek-Lamont 29, Rush Springs 20
	B	Newkirk 22, Wetumka and Hobart 16	1976	4A	Lawton 43, Tulsa Hale 38, Norman 34
1957	2A	Tulsa Central 57, Capitol Hill 20 1/2, Tulsa Rogers 24 1/2		3A	Idabel 64, Stillwater 34, Southeast 24
	A	Durant 27, Ada 25, Stillwater 17		2A	Purcell 34, Spiro 23, Vinita 21
	B	Alva 23 1/3, Erick 17, Fairview 13		A	Hominy 39 1/2, Healdton 35 1/2, Marietta 26
1958	2A	Tulsa Central 50, Lawton 22 1/2, Tulsa Edison 19 1/2		B	Fairfax 42, Erick 22, Afton and Okeene 16
	A	Harding 35 1/2, Ada 23 1/2, Stillwater 17	1977	4A	Edmond 51 1/2, Norman 49, Lawton and Moore 22
	B	Alva 23, Purcell 16, Ardmore and Douglass 11		3A	Idabel 43, Tulsa Mason 24, Ada and Tulsa Washington 23
1959	2A	Tulsa Edison 41 1/2, Tulsa Rogers 39, OC Douglass 17		2A	Spiro 30, Clinton 29, Vinita 26
	A	Woodward 30, El Reno 19, Altus 16		A	Marietta 39, Beggs and Valliant 24
	B	Broken Bow 27 3/5, Fairview 23, Sulphur 20		B	Pond Creek-Hunter 28, Beaver 22, Ringwood 19
1960	2A	Lawton 39 1/2, Northwest 23 3/4, Douglass 19 3/4	1978	4A	Lawton Ike 49, Edmond 47 1/2, Norman 31
	A	Pauls Valley 36, Ada 23 1/2, Tulsa Washington 14		3A	Tulsa Mason 35, Ada 33, Owasso 30 1/2
	B	Tishomingo 21, Wilburton 18, Beggs 14		2A	Spiro 42, Purcell 29, Anadarko 21
1961	2A	Lawton 43 1/2, OC Douglass 30, Tulsa Edison 25		A	Beggs 45, Marietta 29, Chandler 28
	A	McAlester and Pauls Valley 22, Ada 20 3/5		B	Fox 30, Konawa 27, Plainview 20
	B	Wilburton 26, Broken Bow 22 6/7, Yukon 11	1979	4A	Edmond and Tulsa Washington 40, Altus 34
1962	2A	Lawton 64 1/2, Tulsa Central 15, Muskogee and Tulsa Rogers 13		3A	Ada 56 1/2, Duncan 43, Lawton Mac 32
	A	Pauls Valley 33, OC Douglass 22, Ada 21, Stillwater 16 (Pauls Valley was disqualified by OSSAA as a result of Charles Bray football recruiting case)		2A	Idabel and Spiro 34, Pauls Valley 25
	B	Broken Bow 27, Thomas 25 2/4, Idabel 16		A	Laverne 35, Marietta 29, Chandler 28
1963	2A	Enid 36, Lawton 31, Midwest City 22		B	Allen 35, Deer Creek-Lamont 25, Fox 23
	A	OC Douglass 37, Tulsa Washington 22, Ada 21	1980	4A	Lawton Ike 40, Del City and Edmond 27
	B	Healdton 25, Wetumka 19, Weatherford 17		3A	Duncan 33, Northeast 23, Chickasha 20 1/2
1964	2A	Tulsa Edison 36, Midwest City 34 1/2, Lawton 26		2A	Idabel 42, Madill 41, Marlow 33
	A	OC Douglass 36, Ada 19, Miami and Stillwater 18		A	Purcell 47, Marietta 27, Casady 26
	B	Madill 26, Hobart 20, Walters 16		B	Velma-Alma 26, Deer Creek-Lamont 25, Fox 23
1965	2A	Midwest City 42, Ponca City 30, Enid 27	1981	4A	Edmond 36, Norman 26, Tulsa Memorial 25
	A	OC Douglass 49, Ada 24, Durant 19		3A	Star Spencer 30, Ada 29 1/2, Lawton Mac 29
	B	Hobart 19, Broken Bow and Walters 14		2A	Pauls Valley 52, Marlow 47, Idabel 41 1/2
1966	2A	Enid 41 1/2, Northwest 24, OC Douglass 21		A	Marietta 57, Okemah 41, Purcell 19 1/2
	A	Durant 41, McAlester 37, Pryor 25		B	Hominy 37, Fox 31, Thomas 30
	B	Broken Bow 23, Dunjee and Madill 19	1982	4A	Tulsa Washington 52, Edmond 46, Enid 26
1967	2A	Northwest 32, OC Douglass 30, Tulsa Edison 24		3A	Lawton Mac 42, OC Douglass and Sallisaw 36
	A	McAlester 61, Durant 28, Altus 25		2A	Idabel 61, Ada 34, Madill and Marlow 25
	B	Fairview 47, Vinita 27, Wynnewood 26		A	Fairview 58, Chandler 29, Meeker 24
	C	Marietta 42, Cherokee 32 1/2, Afton 23		B	Cherokee 28, Medford 20, Hollis 18
1968	2A	Lawton Ike 56 1/2, US Grant 38, Norman 27	1983	4A	Norman 91, Tulsa Washington 74, Del City 62
	A	McAlester 59, Altus 35, Clinton 26		3A	Lawton Mac 96, OC Douglass 62, Guthrie 57
	B	Vinita 38, Pauls Valley 29, Madill 17		2A	Idabel 122, Spiro 50, Marlow and Newkirk 46
	C	Cherokee 45, Marietta 40, Weleetka 31		A	Watonga 94, Valliant 91, Stroud 86
1969	2A	Norman 33, US Grant 30, Tulsa Washington 26		B	Hominy 80, Velma-Alma 54, Laverne 44
	A	Ada 44 1/2, Altus 40, Stillwater 29	1984	5A	Tulsa Washington 88, Lawton Ike 53, Norman 45
	B	Chandler 28, Marietta 23, Marlow 20		4A	Lawton Mac 71, Owasso 56, Broken Bow 48
	C	Boise City 43, Weleetka 25 1/2, Texhoma 25		3A	Idabel 122, Sulphur 70, Newcastle 52
				2A	Jones 68, Fairview 50, Okemah 40
				A	Fox 84, Hollis 52, Sequoyah (Tahlequah) 38
				B	Pernell 84, Cherokee 52, Deer Creek-Lamont 32

Boys Champions (continued)

1985	5A	Lawton Ike 86, Norman 80, Lawton 63	1997	5A	Edmond Santa Fe 104; Moore 60; Muskogee 59
	4A	John Marshall 109, Guthrie 97, Lawton Mac 46 1/2		4A	Altus 103; Carl Albert 73; Duncan 58
	3A	Idabel 120, Broken Bow 84 1/3, Pauls Valley 43		3A	Bishop McGuinness 85; Spiro 62; Cushing 54
	2A	Purcell 87, Mangum 65, Velma-Alma 55 1/3		2A	Prague 74; Watonga 61; Chelsea 54
	A	Fox 98, Gore 41, Hollis 40		A	Heritage Hall 62; Velma-Alma 49; Hollis 48
	B	Deer Creek-Lamont 59, Boise city 50, Pernell 48		B	Hydro 73; Covington-Douglas 54; Cherokee 54, Medford 54
1986	5A	Norman 100, Lawton Ike 96, Lawton 78	1998	5A	Midwest City 88; Choctaw 64; Moore 63
	4A	Ardmore 98, McAlester 92, OC Douglass 69		4A	Ardmore 106; Duncan 73; Altus 69
	3A	Idabel 74, Weatherford 73, Pauls Valley 58		3A	Bishop McGuinness 104; Elk City 75; Spiro 59
	2A	Hobart 90, Prague 65, Heritage Hall 63		2A	Chelsea 61; Watonga 58; Alva 50
	A	Fox 135, Thomas 95, Hominy 47		A	Turpin 90; Wyandotte 88; Velma-Alma 75
	B	Wakita 66, Deer Creek-Lamont 54, Mooreland 44		B	Boise City 100; Timberlake 92; Texhoma 64
1987	5A	Norman 120, Lawton 80, Jenks and Lawton Ike 74	1999	5A	Jenks 73; Lawton 60; Moore 58
	4A	John Marshall 118, Ardmore 97, OC Douglass 55		4A	Ardmore 137.50; Altus 88; Duncan 63
	3A	Idabel 81, Elk City 78, Pauls Valley 77		3A	Elk City 106; Bishop McGuinness 98; Bristow 64
	2A	Heritage Hall 107, Konawa 58, Vian 46		2A	Millwood and Spiro 64; Alva 52; Cascia Hall 49
	A	Fox 96,, Beaver 58, Carnegie 57		A	Turpin 96; Thomas-Fay-Custer Unified 86; Velma-Alma 79
	B	Wakita 61, Mooreland 48, Temple 36		B	Boise City 133; Medford 74; Beaver 73
1988	5A	Norman 109, John Marshall 83, Lawton Ike 69	2000	5A	Jenks 86; Lawton 83; Owasso 67
	4A	Ardmore 111, Altus 55, Duncan 54		4A	Ardmore 138; Altus 75.50; Carl Albert 54
	3A	Idabel 104, Pauls Valley 87, Broken Bow 58		3A	Bishop McGuinness 104; Bristow and Elk City 49; Pauls Valley 40
	2A	Heritage Hall 92, Chisholm 52, Marietta 50		2A	Watonga 111; Plainview 69; Cascia Hall 45
	A	Beaver 66, Carnegie 28, Maud 27		A	Hominy 80; Turpin 68; Hooker 57
	B	Medford 68, Oklahoma Bible 56, New Lima 50		B	Cherokee 109; Boise City 70; Medford 59
1989	5A	Norman 82, John Marshall 72, Lawton 69	2001	5A	Jenks 118; Lawton 76; Edmond Memorial 44
	4A	Altus 141, Ardmore 75, Carl Albert 41		4A	Ardmore 104; Carl Albert 71; Thomas Edison 52
	3A	Idabel 97, Pauls Valley 94, Millwood 53		3A	Pauls Valley 102; Elgin and Elk City 60; Lone Grove 49.50
	2A	Chisholm 76, Chelsea 61, Holdenville 46		2A	Watonga 119; Plainview 69; Pawnee 40
	A	Laverne 84, Beaver 73, Hominy 55		A	Thomas-Fay-Custer Unified 77; Turpin 55; Hominy 54
	B	Boise City 73, New Lima 67, Cherokee 40		B	Boise City 134; Deer Creek-Lamont 69; Cherokee 65
1990	5A	Lawton Ike 96, Norman 76, Edmond 67	2002	5A	Jenks 102; Midwest City 94.33; Edmond Memorial 59
	4A	Ardmore 103, Duncan 94, Tulsa Central 68		4A	Carl Albert 84.50; Ardmore and Douglass 59; Central 45
	3A	Idabel 102, Elk City 66, Millwood 50		3A	Weatherford 93; Elk City 64; Idabel 52
	2A	Watonga 116, Marietta 71, Chisholm 53		2A	Plainview 90; Millwood 77; Watonga 74
	A	Laverne 118, Wyandotte 69, Beaver 56		A	Walters 76; Hinton 58; Hominy 52
	B	Thomas 52, Weleetka 45, Balko and Cherokee 40		B	Cherokee 98; Boise City 67; Medford 65
1991	5A	Lawton Ike 139, Norman 97, Edmond 93	2003	5A	Jenks 142.50; Edmond Santa Fe 62; Edmond Memorial 40
	4A	Duncan 110, John Marshall 80, Ardmore 69		4A	Northeast/Classen 95; Central 77; Ardmore 48
	3A	Idabel 105, Weatherford 45, Millwood and Newcastle 36		3A	Elk City 80; Idabel 64; Weatherford 63
	2A	Tishomingo 93, Watonga 53, Wynnewood 46 1/2		2A	Watonga 93; Plainview 65; Pawnee and Millwood 50
	A	Beaver 112, Boise City 62, Laverne 61		A	Thomas-Fay-Custer 79; Hominy 75; Tonkawa 50
	B	Balko and Covington-Douglas 53, Medford 46		B	Deer Creek-Lamont 70; Texhoma and Cherokee 55; Pond Creek-Hunter 52
1992	5A	Edmond 107, Lawton Ike 90, Norman 77	2004	6A	Jenks 94; Edmond Memorial 80; Mustang 52
	4A	Duncan 79, Ardmore 68, Tulsa McLain 60		5A	Altus 83; Shawnee 69; Ardmore 53
	3A	Okmulgee 78, Catoosa 77, Weatherford 74		4A	Weatherford 118; Idabel 60; Skiatook 51
	2A	Tishomingo 101, Hominy 69, Chisholm and Watonga 46		3A	Tishomingo 92; Plainview 60; Millwood 35
	A	Beaver 123, Laverne 80, Mangum 78		2A	Hinton 89; Carnegie 71; Wynnewood 42
	B	Thomas 73, Hooker 69, Balko 54		A	Deer Creek-Lamont 88; Texhoma 83; Beaver 56
1993	5A	Lawton Ike 114, Edmond 65, Norman 64	2005	6A	Edmond Memorial 124; Jenks 68; Midwest City 53
	4A	Ardmore 102, John Marshall 77, Altus 64		5A	Shawnee 122; Altus 85; Ardmore 59
	3A	Okmulgee 103, Idabel 94, Weatherford 64		4A	Star Spencer 97; Bishop McGuinness 70; Douglass 36
	2A	Stroud 93, Fairview 79, Watonga 64		3A	Tishomingo 88; Millwood 78; Watonga 49.50
	A	Laverne 74, Wynnewood 71, Carnegie 56		2A	Hinton 97; Konawa 64; Tonkawa 52
	B	Thomas 81, Beaver 66, Balko 61		A	Beaver 71; Texhoma 69; Wakita 52
1994	5A	Norman 91, Enid 83, Eisenhower 73	2006	6A	Midwest City 104; Putnam City 50; Edmond Santa Fe 45
	4A	Duncan 102, Edmond North and John Marshall 66		5A	Ardmore 100; McAlester 69.50; Shawnee 68.50
	3A	Idabel 89, Okmulgee 50, Ada 48		4A	Bishop McGuinness 79; Weatherford 65; Douglass 57
	2A	Fairview 97, Stroud 89, Tishomingo 44		3A	Watonga 100; Millwood 88; Tishomingo 79
	A	Hooker 100, Velma-Alma 65, Woodland 34		2A	Hinton 88; Tonkawa 78; Hooker 52
	B	Balko 82, Boise City 67 1/2, Beaver 66		A	Cherokee 68; Maysville 63; Texhoma 60
1995	5A	Edmond North 93, Eisenhower 57, Moore 47	2007	6A	Midwest City 85.50; Jenks 65.33; Moore 54
	4A	Altus 90, John Marshall 71, Broken Bow 61		5A	Ardmore 63; East Central 48; Deer Creek-Edmond 47
	3A	Idabel 107, Okmulgee 62, Little Axe 54		4A	Bishop McGuinness 87; Madill 41; Tecumseh 33
	2A	Stroud 82, Wynnewood 75, Jones 42		3A	Millwood 116; Heritage Hall 76; Watonga 44
	A	Turpin 111, Laverne 82, Covington Douglas/Garber 39		2A	Tonkawa 78; Turpin 46.33; Hinton 42
	B	Boise City 88, Fox 78, Hydro 56		A	Beaver 66; Okeene 60; Sharon-Mutual 54
1996	5A	Edmond North 94, Norman 62, Jenks 51	2008	6A	Union 97; Midwest City 80; Jenks 52
	4A	Altus 124, Carl Albert 78, Okmulgee 50		5A	East Central 94; Ardmore 78; Duncan 62
	3A	Broken Bow 91, Weatherford 52, Lone Grove 45		4A	Douglass 76; Bishop McGuinness 50; Madill 46
	2A	Wynnewood 94, Stroud 72, Prague 63		3A	Millwood 68; Plainview 62; Morris 58
	A	Turpin 112, Tonkawa 78, Warner 56		2A	Hobart 82; Turpin 81.50; Hennessey 39
	B	Hydro 60, Covington-Douglas 54, Beaver 47		A	Sharon-Mutual 78; Timberlake 51; Okeene 41

Boys Champions (continued)

2009	6A	Union 106; Moore 64; Edmond Santa Fe 58	2022	6A	Westmoore 165; Union 113; Broken Arrow 80.50
	5A	Guthrie 114; Shawnee 76; Ardmore 66		5A	Piedmont 96; Ardmore 94; Del City 65
	4A	Douglass 72; Idabel 52; Vinita 51		4A	Lincoln Christian 121; Cache 102; Bethany 94.50
	3A	Plainview 104; Beggs 86; Millwood 72		3A	OK Christian School 114; Vinita 81; Metro Christian 79.50
	2A	Tonkawa 84; Hobart 79; Fairview 52		2A	Rejoice Christian 119; Hooker 103; Hobart 60.50
	A	Turpin 132; Okeene 76; Timberlake 54		A	Ringling 114; Timberlake 97; Laverne 48
2010	6A	Southmoore 98; Edmond Santa Fe 82; Union 52	2023	6A	Union 108.50; Jenks 74; Stillwater 69
	5A	Guthrie 111; Ardmore 78; Claremore 48		5A	Coweta 88; Ada 73; Piedmont 65
	4A	John Marshall 86; Madill 70; Douglass 39		4A	Lincoln Christian 111; Cache 109.50; Muldrow 48
	3A	Millwood 100; Sulphur 73; Plainview 68		3A	Heritage Hall 116; Rejoice Christian 106; Kingston 96
	2A	Watonga 106; Tonkawa 83; Hennessey 42		2A	Hooker 117; Chelsea 54; Wetumka 52
	A	Okeene 93; Cherokee 62; Turpin 48		A	Ringling 80; Laverne 71; Tipton 59
2011	6A	Edmond Santa Fe 118; Edmond Memorial 90; Del City 50	2024	6A	Union 120; Edmond Memorial 103; Broken Arrow 102
	5A	East Central-Tulsa 77; Guthrie 73; Ardmore 71		5A	Carl Albert 89.16; Lincoln Christian 85; MacArthur 56
	4A	John Marshall 81; Wagoner 46; Metro Christian 45		4A	Ada 102.50; Heritage Hall 93; Cache 81
	3A	Lincoln Christian 76; Northeast 66; Beggs 63		3A	Marlow 89; Idabel 72; Millwood 65
	2A	Watonga 114; Millwood 104; Frederick 47		2A	Hooker 121; Liberty 69; Fairview 51
	A	Velma-Alma 131; Okeene 66; Beaver 60		A	Tipton 81; Okeene 74.50; Ringling 62
2012	6A	Edmond Memorial 138; Broken Arrow 87; Jenks 67	2025	6A	Jenks 116; Broken Arrow 103; Edmond Memorial 102
	5A	Deer Creek-Edmond 113; BT Washington 55; Duncan 48		5A	Carl Albert 94; Duncan 83; Bishop Kelley 74
	4A	Elgin 94; Bristow 63; Purcell 50		4A	Lincoln Christian 131; Cache 75; Wagoner 62
	3A	Lincoln Christian 104; Sequoyah-Tahlequah 44; Marlow 41		3A	Rejoice Christian 73; Millwood 72; Oklahoma Christian School 71
	2A	Northeast 81; Hennessey 69; OK Bible Academy 58		2A	Hooker 117; Regent Prep 65; Hobart 59
	A	Velma-Alma 136; Cherokee 59; Texhoma 46		A	Okeene 94.50; Laverne 79; Tipton 65
2013	6A	Broken Arrow 125; Edmond Memorial 110; Jenks 74;			
	5A	Deer Creek-Edmond 175; Duncan 71; B.T. Washington 58			
	4A	Bristow 74; Douglass 66; Tuttle 62			
	3A	Lincoln Christian 70; Frederick 69; Marlow 57			
	2A	Hennessey 89; Colcord 66; OK Bible Academy 63			
	A	Velma-Alma 112; Texhoma 78; Cherokee 74			
2014	6A	Jenks 141; Edmond Memorial 132; BT Washington 74.33			
	5A	Deer Creek-Edmond 118; Duncan 60; Claremore 58			
	4A	Anadarko 78; Plainview 77; Sallisaw 68			
	3A	Marlow 71; Heritage Hall 58; Kansas 43			
	2A	Millwood 102; Frederick 82; Hobart 60.50			
	A	Cherokee 87; Texhoma 60; Velma-Alma 56			
2015	6A	Edmond Memorial 97; B.T. Washington 73; Westmoore 70			
	5A	Deer Creek-Edmond 133; MacArthur 68; Glenpool 62			
	4A	Roland 72; Plainview 72; Douglass 62; Sallisaw 58			
	3A	Marlow 98; Chisholm 67; Washington 65			
	2A	Hooker 68; Hollis 66.50; Colcord 63			
	A	Cherokee 82; Turpin 74; Velma-Alma 62			
2016	6A	Edmond Memorial 111; Edmond North 92; Jenks 74			
	5A	Glenpool 80; Claremore 72; Eisenhower 56			
	4A	Plainview 67; Central (Tulsa) 54; Tuttle 54			
	3A	Chisholm 91.50; Millwood 70; Heritage Hall 64			
	2A	Hooker 94; Okemah 79.50; Hobart 56			
	A	Turpin 87; OK Christian Academy 83; Goodwell/Keyes 53			
2017	6A	Union 104; Edmond Memorial 91; Westmoore 46			
	5A	Carl Albert 92; Del City 87; Shawnee 68			
	4A	Tuttle 70; Bristow 60; Central (T) 55			
	3A	Heritage Hall 83; OK Christian School 82; Marietta 65			
	2A	Hobart 114; Millwood 66; Pawhuska 54			
	A	Okeene 66; Boise City 57; Turpin 52			
2018	6A	Edmond Memorial 98; Union 90; Mustang 53			
	5A	Carl Albert 135; Duncan 54; Del City 49			
	4A	Bristow 92.50; Weatherford 63; Broken Bow 60			
	3A	Marietta 78; Chisholm 62; OK Christian School 55			
	2A	Cordell 82; Hooker 56.75; Hobart 50			
	A	Thomas-Fay-Custer 77, Snyder 64; Boise City/Keyes/Felt 58			
2019	6A	Broken Arrow 110; Jenks 88; Union 74.50			
	5A	Del City 100; Carl Albert 95; Tecumseh 63			
	4A	Bristow 119; Weatherford 97; Seminole 54			
	3A	Marietta 83; Millwood 66; Holland Hall 63.50			
	2A	Pawhuska 85; Hooker 63.33; Mooreland 55			
	A	Thomas-Fay-Custer 120; Boise City/Keyes/Felt 58; Timberlake 44			
2020		Due to the Coronavirus the track season was cancelled, and no championships were awarded.			
2021	6A	Westmoore 107; Union 88; Mustang 82			
	5A	Ardmore 91; Piedmont 71; McAlester 64			
	4A	Lincoln Christian 119 Cache 109; Kingfisher 57			
	3A	Ok Christian School 99; Kingston 86; Millwood 62			
	2A	Rejoice Christian 98; Ok Union 81.5; Hobart 80			
	A	Thomas-Fay-Custer 119; Timberlake 109; Cherokee 48			

GIRLS STATE CHAMPIONS 1972-2025

1972	2A	Hennessey 54, Stroud 30, Union 20	1988	5A	John Marshall 198, Jenks 76, Norman 50
	A	Foran 37, Luther 32, Burns Flat 18		4A	Altus 94, OC Douglass 76, Star Spencer 71
1973	2A	Laverne 42, Elk City and Stroud 28		3A	Madill 87, Valliant 63, Idabel and McGuinness 55
	A	Luther 32 1/2, Pioneer 29 1/2, Lamont 17		2A	Plainview 86, Vian 62, Sequoyah (Claremore) 60
1974	2A	Tulsa Washington 27, Lawton 26, Laverne 23		A	Fox 96, Maysville 70, Hennessey 63
	A	Canton 32, Ringwood 24, Boise City 18		B	Dover 82, Cherokee 76, Buffalo 66
1975	2A	Idabel 27, Alva 26, Norman 17	1989	5A	John Marshall 144, Jenks 108, Tulsa Washington 100
	A	Pioneer 43, Luther 27, Canton 20 1/2		4A	Duncan 82, Star Spencer 80, Altus 71
1976	3A	John Marshall 43, Owasso 31, Altus 24		3A	McGuinness 90, Madill 78, Spiro 68
	2A	Anadarko and Kingfisher 34, Laverne 22		2A	Plainview 122, Vain 99, Salina 64
	A	Pioneer 39, Carmen-Dacoma 37, Luther 34		A	Hennessey 130, Beaver 77, Maysville 41
1977	3A	John Marshall 27, Norman 26, Tulsa Washington 25		B	Cherokee 86, Medford 68, Buffalo 62
	2A	Hugo 49, Noble 19, Kingfisher 16	1990	5A	Tulsa Washington 136, John Marshall 87, Owasso 56
	A	Kremlin-Hillsdale 41, Konawa 27, Carmen-Dacoma 23		4A	Pryor 82, Star Spencer 70, Claremore 67
1978	4A	John Marshall 78, Tulsa Washington 30, Enid 25 1/2		3A	McGuinness 84, Idabel 72, Holdenville 47
	3A	Owasso 48, Chickasha 35, Ardmore 32		2A	Plainview and Vian 90, Marietta 82
	2A	Hugo 41, Clinton 33, Madill 24		A	Beaver and Hennessey 110, Washington 64
	A	Laverne 42, Carnegie 28, Stroud 20 1/3		B	Medford 71, Temple and Vanoss 46
	B	Kremlin-Hillsdale 42, Adair 25, Plainview 18	1991	5A	Norman 94, Lawton Ike 76, Enid 49
1979	4A	John Marshall 75, Altus 34, Edmond 30		4A	John Marshall 183, McGuinness 54, OC Douglass 48
	3A	Northeast 40, Owasso 36, Okmulgee 34		3A	Plainview 87, Idabel 70, Pryor 68
	2A	Poteau 38, Clinton 32, Hugo 26		2A	Hennessey 75, Marietta 69, Cascia Hall 63
	A	Laverne 42 1/2, Covington-Douglas 24, Talihina 22		A	Beaver 143, Washington 74, Laverne 50
	B	Adair 45 1/2, Covington-Douglas 24, Talihina 22		B	Pond Creek-Hunter 68, Deer Creek-Lamont 56, Texhoma 53
1980	4A	John Marshall 71, Edmond 23 1/2, Tulsa Washington 21	1992	5A	Tulsa Washington 80, Lawton Ike 64, Norman 53
	3A	Ardmore 54, Chickasha 32, Carl Albert 28		4A	John Marshall 190, Ardmore 69, McGuinness 62
	2A	Clinton and Vinita 34, Alva and Poteau 17		3A	Plainview 88 1/2, Madill 83, Idabel 67
	A	Laverne 36, Hobart 32 1/2, Wynnewood 30 1/2		2A	Watonga 89, Cascia Hall 74, Wynnewood 55
	B	Adair 40, Talihina 35, Fairfax 26		A	Beaver 160, Hennessey 78, Washington 74
1981	4A	John Marshall 74, Tulsa McLain 29, Sand Springs 20		B	Medford 73, Cherokee 64, Texhoma 58
	3A	Ardmore 40, Duncan and Western Heights 25	1993	5A	Tulsa Washington 90, Norman 63, Edmond 60
	2A	Vinita 30, Clinton 28, Pauls Valley 25		4A	John Marshall 165, Ardmore 83, McGuinness 70
	A	Hobart 52, Sequoyah (Claremore) 26 1/2, Commerce 23		3A	Plainview 111 1/2, Vinita 56, Guymon and Marlow 54
	B	Adair 42, Yale 24 1/2, Healdton, Plainview and Yarbrough 20		2A	Cascia Hall 104, Watonga 97, Alva and Purcell 66
1982	4A	John Marshall 72, Edmond 47, Moore 27		A	Wynnewood 74, Laverne 64, Velma-Alma 57
	3A	Ardmore 61, Western Heights 23, Bartlesville Sooner 30		B	Beaver 156, Turpin 110, Pond Creek-Hunter 74
	2A	Spiro 35, Catoosa and Skiatook 25	1994	5A	Booker T. Washington 92, Union 84, Altus 57
	A	Watonga 50, Hobart 44, Okemah 36		4A	Ardmore 122 1/3, John Marshall 116, Bishop McGuinness 62
	B	Healdton 43, Medford 28, Pioneer 26		3A	Plainview 121, Millwood 79, Marlow 72
1983	4A	John Marshall 151, Edmond 103, Norman 97 1/2		2A	Cascia Hall 84, Watonga 83, Wynnewood 81
	3A	Woodward 94, Duncan 93, Pryor 53		A	Turpin 95, Velma-Alma 67, Wyandotte 58
	2A	Madill 70, Seminole 65, Kingfisher 53		B	Beaver 140, Boise City 83, Texhoma 65
	A	Wynnewood 114, Hobart 55, Watonga 50	1995	5A	Jenks 103, Union 96, Booker T. Washington 82
	B	Medford 78, Pioneer 52, Quinton 48		4A	Ardmore 105, Bishop McGuinness 72, Altus 58
1984	5A	John Marshall 155 1/2, Edmond 96 1/2, Norman 69		3A	Grove 100, Millwood 83, Idabel 60
	4A	Pryor 83, Duncan 68, OC Douglass 52		2A	Holdenville 82, Wynnewood 65, Watonga 60
	3A	Seminole 90, Madill 69, Weatherford 51		A	Laverne 90, Velma-Alma 81, Canton 66
	2A	Wynnewood 92, Hobart 66, Comanche 60		B	Boise City 122, Beaver 81, Texhoma 70
	A	Laverne 83 1/2, Turpin 81 1/3, Geary 52	1996	5A	Norman 112, Jenks 104, Midwest City 81
	B	Cherokee 83, Macomb 54, Waynoka 40		4A	Northeast 76, Northwest Classen 72, Bishop McGuinness 69
1985	5A	Edmond 134, Norman 94, Moore 80		3A	Grove 112, Millwood 70, Idabel 54
	4A	John Marshall 150, Pryor 63, Ardmore 54		2A	Watonga 85, Pawnee 68, Adair 48
	3A	Seminole 88, Ada 80, Marlow 66		A	Laverne 106, Velma-Alma 95, Boise City/Keyes 80
	2A	Watonga 79, Davis and Wynnewood 56		B	Goodwell/Texhoma 90, Pond Creek-Hunter 63, Cherokee 60
	A	Laverne 107, Crooked Oak 62, Washington 52	1997	5A	Jenks 118; Del City 80; Broken Arrow 43
	B	Waynoka 93, Boise City 50, Cyril 49		4A	Booker T. Washington 67; Central 54; Duncan 50
1986	5A	John Marshall 198, Jenks 76, Norman 50		3A	Grove 102; Marlow 90; Millwood 72
	4A	Ardmore 84, OC Douglass 76, Lawton Mac 57		2A	Plainview 110; Warner 66; Lexington 60
	3A	Madill 106 1/3, Marlow 80 2/3, Idabel 44		A	Boise City 125; Velma-Alma 58; Hollis 51
	2A	Watonga 101, Sequoyah (Claremore) 69, Comanche 60		B	Beaver 68; Fox 60; Pond Creek-Hunter 59
	A	Washington 85, Laverne 62, Kansas 57	1998	5A	Jenks 126; Midwest City 108; Del City 62
	B	Waynoka 80, Turpin 59, Medford 58		4A	Northeast/Classen 72; Northwest Classen 68; Pryor 42
1987	5A	Edmond 104, Tulsa Washington 90, Lawton 82		3A	Bishop McGuinness 96; Grove 82; Sallisaw 62
	4A	John Marshall 168, Lawton MacArthur 71, Star Spencer 54		2A	Plainview 80; Warner 63; Madill 62
	3A	Elk City 51, Jay 46, Newcastle 44		A	Velma-Alma 96; Hollis 59; Ketchum 54
	2A	Watonga 85, Valliant 66, Morris 51		B	Boise City 112; Fox and Buffalo 64; Waynoka 46
	A	Fox 65, Elmore City 64, Crooked Oak 60			
	B	Boise City 84, Gage 52, Cherokee 48 1/2			

Girls Champions (continued)

1999	5A	Midwest City 109.33; Jenks 99.67; Broken Arrow 56	2010	6A	Union 119; Edmond North 74.5; Mustang 63
	4A	Ardmore 117; McAlester 75; Carl Albert 52		5A	Booker T. Washington 77; Edison 62; Altus 51
	3A	Bishop McGuinness 149; Plainview 78; Marlow 48		4A	Piedmont 87; Douglass 72; Madill 72
	2A	Warner 85; Lexington 74; Chisholm 72		3A	Plainview 77.33; Millwood 74; Beggs 73
	A	Velma-Alma 112; Thomas-Fay-Custer and Turpin 48; Carnegie 46		2A	Watonga 103; Lincoln Christian 98; Hennessey 94
	B	Boise City 99; Beaver 90; Canton 63		A	Boise City-Keyes 98; Timberlake 69.5; Thomas 66
2000	5A	Midwest City 106; Jenks 96; Edmond North 61	2011	6A	Edmond Memorial 125.5; Mustang 78; Putnam City North 48
	4A	Ardmore 138; McAlester 76; Booker T. Washington 69.50		5A	Altus 82; Shawnee 75; Bishop Kelley 51
	3A	Bishop McGuinness 139; Star Spencer 50; Elk City 43		4A	Douglass 95; Tuttle 74; Vinita 54.33
	2A	Plainview 180; Watonga 76; Millwood 62		3A	Northeast 103; Plainview 87; Lincoln Christian 85
	A	Turpin 81; Velma-Alma 60; Tonkawa 52		2A	Hennessey 119; Tonkawa 105; Colcord 44
	B	Fox 104; Beaver 92; Boise City 76		A	Boise City-Keyes 81; Deer Creek-Lamont 79; Timberlake 71
2001	5A	Jenks 101; Union 76; Edmond Memorial 71	2012	6A	Edmond Santa Fe 97; Union 81; Edmond Memorial 78
	4A	Ardmore 128; Booker T. Washington 113; Northeast/Classen 63		5A	Shawnee 96; Deer Creek-Edmond 84; Altus 78
	3A	Bishop McGuinness 136; Miami 66; Star Spencer 52		4A	Douglass 69; John Marshall 60; Vinita 49
	2A	Plainview 148; Watonga 128; Pawhuska 39		3A	Plainview 131; Metro Christian 61; Millwood 58
	A	Turpin 71; Velma-Alma 63; Tonkawa 62		2A	Hennessey 120; Tonkawa 92.25; Northeast 92
	B	Fox 102; Boise City 89; Okla. Bible Academy 48		A	Deer Creek-Lamont 96; Timberlake 83.5; Boise City 72
2002	5A	Jenks 83; Broken Arrow 76; Union 54	2013	6A	Edmond Memorial 134; Edmond Santa Fe 73; Jenks 68
	4A	Ardmore 91; Northeast/Classen 90; Guthrie 78		5A	Deer Creek-Edmond 101.5; Shawnee 96; B.T. Washington 60
	3A	Idabel 110; Bishop McGuinness 60; Kingfisher 52		4A	Vinita 98; Plainview 89; Metro Christian 74
	2A	Plainview 181; Watonga 122; Millwood 54		3A	Beggs 96; Millwood 70; Lincoln Christian 68.5
	A	Newkirk 77; Turpin and Woodland 70; Wynnewood 54.50		2A	Hennessey 119; Tonkawa 72; Watonga 45
	B	Fox 98; Boise City 82.50; Medford 64		A	Crossings Christian 76; DC-Lamont 64.3333; Texhoma 61
2003	5A	Union 109; Jenks 101; Broken Arrow 52	2014	6A	Edmond Memorial 148; Edmond North 68; Norman 60
	4A	Northeast/Classen 116; Bishop McGuinness 76; Guthrie 69		5A	Deer Creek-Edmond 110; Shawnee 59.50; Grove 54
	3A	Idabel 108; Kingfisher 60; Jay 57		4A	Plainview 105; Vinita 101; Broken Bow 52
	2A	Watonga 159; Plainview 129; Millwood 58		3A	Henryetta 104; Okmulgee 75; Spiro 40
	A	Wynnewood 79; Woodland 76; Newkirk 66		2A	Millwood 102; Hennessey 88; Tonkawa 62
	B	Boise City 98; Fox 84; Okeene 44		A	Texhoma 79; Crossings Christian 67; Coyle 59
2004	6A	Broken Arrow 93; Jenks 89.5; Midwest City 78	2015	6A	Jenks 98; Edmond Memorial 78; B.T. Washington 70
	5A	Booker T. Washington 106; Guthrie 71; Bixby 63		5A	Bishop McGuinness 98.50; Duncan 63; Shawnee 56
	4A	Northeast 96; Idabel 93; Douglass 72		4A	Vinita 92; Lincoln Christian 60; Purcell 52
	3A	Plainview 67.50; Millwood 64; Metro Christian 40		3A	Millwood 74; Spiro 69.50; Bethel 56
	2A	Coalgate 107; Wynnewood; Tonkawa 42		2A	Cordell 104; Alva 101; Fairview 56
	A	Okeene 76; Forgan 74; Boise City 62		A	Texhoma 87; Coyle 60; Pond Creek-Hunter 50
2005	6A	Union 109; Norman North 84; Mustang 60	2016	6A	Edmond Memorial 91.33; Jenks 90; Bartlesville 60
	5A	Booker T. Washington 129; Altus 65; Guthrie 61		5A	Del City 94; Ardmore 84; Shawnee 76
	4A	Idabel 86; Douglass 66; Collinsville 44		4A	Lincoln Christian 97; Plainview 74; Vinita 69
	3A	Coalgate 99; Plainview 51; Watonga and Millwood 49		3A	Chisholm 88; Spiro 86; Millwood 47
	2A	Hinton 88; Woodland 66; Wynnewood 61		2A	Cordell 139; Wynnewood 64; Cashion 46
	A	Okeene 70; Boise City 56; Seiling 50		A	Texhoma 81; Boise City 66; Pond Creek-Hunter 63
2006	6A	Union 107; Edmond Santa Fe 100; Jenks 89	2017	6A	Edmond Memorial 134; Moore 66; Union 50
	5A	East Central 64; MacArthur 56; Coweta 47		5A	Del City 110; Ardmore 75; Bishop McGuinness 70
	4A	Idabel 105; Douglass 86; Metro Christian 68		4A	Lincoln Christian 76; Weatherford 63; Plainview 57.50
	3A	Watonga 74; Haskell 58; Marietta 50		3A	Spiro 103; Chisholm 82; Star Spencer 54
	2A	Coalgate 132; Hinton 52; Washington 51		2A	Millwood 101; Warner 67; Hooker 39
	A	Okeene 68; Seiling 60; Balko/Hardesty 43		A	Texhoma 57; Sharon-Mutual 54; Weleetka 48
2007	6A	Union 108; Jenks 80; Broken Arrow 73	2018	6A	Edmond 82; Edmond North 72, Southmoore 69
	5A	East Central 72; Thomas Edison 64; Shawnee 62		5A	Del City 106; Ardmore 72; Tahlequah 50
	4A	Douglass 87; Idabel 76; Madill 72		4A	Weatherford 103; Plainview 77; Wagoner 75
	3A	Plainview 82; Watonga 63; Tishomingo 51		3A	Chisholm 76; Purcell 56; Idabel 47
	2A	Coalgate 119; Hennessey 82; Washington 69		2A	Cashion 86; Pawhuska 66; Porter Consolidated 66
	A	Beaver 84; Okeene 69; Cimarron 62		A	Boise City/Keyes/Felt 72; Thomas-Fay-Custer 60; Velma-Alma
2008	6A	Midwest City 117; Edmond Santa Fe 82; Union 69	2019	6A	Edmond Memorial 147; Broken Arrow 101.50; Jenks 85
	5A	East Central 80; Altus 75; Ardmore 70		5A	Del City 100; Ardmore 89; Elgin 64
	4A	Bishop McGuinness 76; Northeast 72; Vinita 56		4A	Weatherford 121; Plainview 72.50; Tuttle 67
	3A	Vian 80.5; Plainview 73; Marietta 71		3A	Chisholm 97; Sulphur 75; Marietta 48
	2A	Watonga 106.33; Hennessey 84; Wewoka 59		2A	Watonga 91; Pawhuska 62; Cashion 61
	A	Okeene 95; Preston 70; Beaver 69.33		A	Boise City/Keyes/Felt 125; /Thomas-Fay-Custer 75; Velma-Alma
2009	6A	Midwest City 122, Edmond Santa Fe 90; Union 70	2020	Due to the Coronavirus the track season was cancelled and no championships were awarded.	
	5A	Shawnee 97; Ardmore 65; Booker T. Washington 64	2021	6A	Jenks 123.50; Edmond Memorial 92.50; Moore 81
	4A	Piedmont 84; Madill 67; Idabel 61		5A	Ardmore 95; Bishop McGuinness 92.5; Eisenhower 75.5
	3A	Marietta 116; Plainview 70; Vian 60		4A	Weatherford 121; Tuttle 119; Mannford 69
	2A	Watonga 126; Hennessey 97; Healdton 58		3A	Beggs 83; Cascia Hall 66; Marlow 64
	A	Thomas-Fay-Custer 130; Seiling 71; Boise City 64		2A	Watonga 105; Stroud 75.5; Regent Prep 73
				A	Boise City 92; Velma-Alma 89; Cherokee 65

Girls Champions (continued)

2022	6A	Jenks 115.50; Westmoore 94; Edmond Memorial 89
	5A	Piedmont 96; Ardmore 94; Del City 65
	4A	Weatherford 128.50; Tuttle 118; Cache 76
	3A	Beggs 83; Crossings Christian 63; Chisholm 61
	2A	Hooker 85; Velma-Alma 70; Crescent 69
2023	A	Seiling 104; Turpin 56; Cyril 50.20
	6A	Edmond Memorial 113; Jenks 105; Edmond Santa Fe 91
	5A	Bishop Kelley 105; Ardmore 82.50; Eisenhower 80
	4A	Cache 94.50; Bristow 83; Weatherford 70
	3A	Victory Christian 80; Chisholm 76.50; Heritage Hall 68
	2A	Stroud 91; Hooker 86; Afton 70
2024	A	Seiling 96; Cyril 83; Texhoma 78
	6A	Mustang 122.21; Jenks 99; Edmond Memorial 75
	5A	Lincoln Christian 123; Muskogee 81; Grove 52
	4A	Douglass 76; Pauls Valley 71; Weatherford 70
	3A	Washington 110; Idabel 64.50; Casady 58
	2A	Hooker 91; Fairview 74.50; Cashion 57
2025	A	Texhoma 83.20; Regent Prep 77; Cyril 62; Boise City 53
	6A	Edmond Memorial 110.50; Union 108; Mustang 92
	5A	Claremore 83; Ardmore 78; Duncan 65.50
	4A	Lincoln Christian 96; Plainview 82; Douglass 38
	3A	Washington 112; Chisholm 73; Kingston 65
	2A	Tonkawa 100; Hooker 94; Cashion 87
	A	Cyril 80; Medford 72; Texhoma 55

SPORTS NUTRITION GAME PLAN

The **Sports Nutrition Game Plan** is a premier sports nutrition program. If you are looking to take your game to the next level, this free digital program provides:

- Sharable and printable educational content (to be used by teams, coaches, and parents)
- Videos (all-inclusive of nutrition, sports nutrition, and cooking demos)
- Meal plans, various types of snack lists, and fueling schedules for all seasons
- Social media - SportsYou (Access Code: UFES-7BR9)
- Short sports nutrition tips for coaches to send to athletes
- Team challenges

Each component of the program is crafted to educate athletes, coaches, trainers, and parents on proper nutrition principles, sports nutrition, and how beef plays a role in fueling training, performance and recovery.



SCAN THE QR CODE TO
REGISTER TODAY



