

# STATE TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement weather may impact starting times)

## FIELD EVENTS: FRIDAY

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

## FIELD EVENTS: SATURDAY

9:30	(2A-4A-6A)	Boys, Girls 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)	Girls, Boys Pole Vault

## FRIDAY

8:00 a.m. Implement weigh-in (Weigh-in completed by 9:30)

8:45 a.m. Coaches meeting

9:00 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	<b>UNIFIED</b> 400 Meter Relay (Preliminary) (A/2A Meet Only)
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 (2A, 4A, 6A)
4:40	Track open for Girls 800-meter relay warmup (coaches and athletes)
5:00	Track open for Boys 800-meter relay warmup (coaches and athletes) Girls 800-meter relay heating
5:20	Track closed Boys 800-meter relay heating
5:25	800 Meter Relay - Girls, Boys (Final)

## SATURDAY

8:00 a.m. Implement weigh-in (Weigh-in completed by 9:30)

10:30 a.m. Track opens for Girls warmup

11:15 a.m. Track opens for Boys warmup

## ALL FINALS

Approximate Starting

Times

12:15	<b>UNIFIED</b> 400 Meter Relay (A/2A Meet Only)
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 (A, 3A, 5A)
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

# OSSAA

## CLASS A/2A & 5A/6A

State Track Meet at  
Western Heights  
High School





**Welcome to  
"THE HEIGHTS"**

**WESTERN HEIGHTS  
PUBLIC SCHOOLS**



**From Western  
Heights  
Superintendent  
Brayden  
Savage**

**"On behalf of Western Heights Public Schools, I look forward to welcoming you to our campus.**

**Included in this guide, you will find information that will assist you with your visit to WHHS.**

**You will find a facility guide, parking locations, and other information that will be beneficial to your team and fans."**



# OSSAA State Track Meet Parking Map

**Western Heights  
Public Schools**

**8401 SW 44<sup>th</sup> St.**

**Oklahoma City, OK 73179**





2025 STATE TRACK MEET ORDER OF EVENTS  
AND APPROXIMATE STARTING TIMES

FRIDAY

8:00 - Implement weigh-in (Weigh-in completed by 9:30)  
8:45 - Coaches meeting  
9:00 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)

FIELD EVENTS: FRIDAY

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

TRACK EVENTS: FRIDAY

12:15 - **UNIFIED** 400 Meter Relay (Preliminary) (A/2A Only)  
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 (2A, 6A)  
4:40 - Track open for Girls 800-meter relay warmup (coaches and athletes)  
5:00 - Track open for Boys 800-meter relay warmup (coaches and athletes) Girls 800-meter relay heating  
5:20 - Track closed, Boys 800-meter relay heating  
5:25 - 800 Meter Relay - Girls, Boys (Final)



2025 STATE TRACK MEET ORDER OF EVENTS  
AND APPROXIMATE STARTING TIMES

SATURDAY

8:00 - Implement weigh-in (weigh-in completed by 9:30)  
10:30 - Track opens for Girls warmup  
11:15 - Track opens for Boys warmup

FIELD EVENTS: SATURDAY

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

TRACK EVENTS: SATURDAY

12:15 - **UNIFIED** 400 Meter Relay (A/2A Only)  
12:30 - 400 Meter Relay - Girls, Boys  
12:50 - 800 Meter Run - Girls, Boys  
1:10 - 100-Meter Hurdles - 33" - Girls  
1:20 - 110-Meter-High Hurdles - 39" - Boys  
1:35 - 100-Meter Dash- Girls, Boys  
1:45 - Academic State Championship Presentation (A/5A)  
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

# A/2A Live Results @ [midwesttiming.com](http://midwesttiming.com)



# *5A/6A Live Results @ ntxtiming.com*



OSSAA 5A | 6A State Championships  
May 16-17, 2025, TBD

[Live Results](#)  
Meet Info  
[Final Results](#)



# INCLEMENT WEATHER & EVACUATION PROCEDURES FOR WEST SIDE STADIUM

In the event of inclement weather during outside activity, the following information listed below is to assist with the suspension of game procedures and also evacuation plans for fans and players.



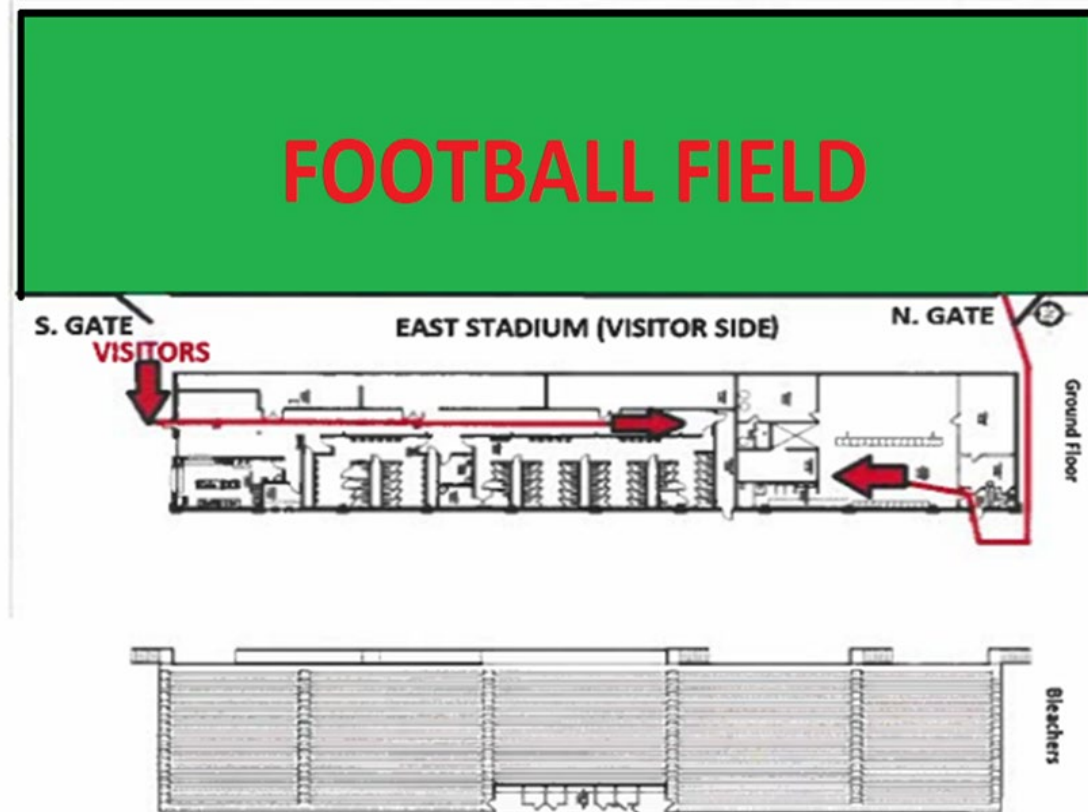
- **EVACUATE TO THE 9TH GRADE CENTER TO THE NW OF THE STADIUM.**
- **OVERFLOW WILL MOVE TO THE HIGH SCHOOL COMMONS AREA.**
- **TEAMS EVACUATE TO THE 9TH GRADE CENTER**





# INCLEMENT WEATHER & EVACUATION PROCEDURES FOR EAST SIDE STADIUM

In the event of inclement weather during outside activity, the following information listed below is to assist with the suspension of game procedures and also evacuation plans for fans and players.



- **FANS - EVACUATE TO THE HALLWAY CORRIDOR UNDER THE STADIUM**
- **TEAMS - EVACUATE TO THE LOCKER ROOM (NORTH END)**
- **OVERFLOW - EVACUATE TO THE 9TH GRADE CENTER & HIGH SCHOOL COMMONS**

# **WESTERN HEIGHTS STADIUM EMERGENCY ACTION PLAN**

**IN AN EMERGENCY DIAL 9-911 OR 911 BY MOBILE PHONE**

1. **ATHLETIC TRAINER, ATHLETIC DIRECTOR OR HEAD COACH CALLS 911. CALL BACK NUMBER SHOULD BE GIVEN (CELL PHONE). ADDRESS IS 8201 SW 44<sup>TH</sup> STREET, OKLAHOMA CITY; FIELD IS TO THE EAST OF THE HIGH SCHOOL.**
2. **ASSISTANT COACH OR STUDENT MANAGERS WILL ASSIST ATHLETIC TRAINER WITH FIRST AID; PORTABLE AED WILL BE AT VARSITY EVENTS, DURING PRACTICE AEDs ARE LOCATED IN THE HICKMAN CENTER ON THE WALL BY THE ENTRANCE.**
3. **EMS SHOULD BE DIRECTED TO THE GATE ON THE WEST SIDE OF STADIUM (HOME SIDE OF STADIUM).**
4. **ATHLETIC DIRECTOR, ADMINISTRATIVE REPRESENTATIVE OR FIELD REPRESENTATIVE WITH KEYS WILL UNLOCK THE GATE AND MEET EMS.**
5. **EMS WILL ENTER THROUGH GATE AND PROCEED TO FIELD FOR CARE.**
6. **OTHER ADMINISTRATIVE REPRESENTATIVE WILL ASSIST WITH CROWD CONTROL IF EMERGENCY IS DURING A COMPETITION.**
7. **ASSISTANT COACH IS RESPONSIBLE FOR GETTING EMERGENCY INFORMATION CARDS AND CONTACTING PARENTS OR FAMILY.**
8. **ASSISTANT COACH WILL ACCOMPANY IF INJURED PARTY IS AN ATHLETE UNTIL PARENTS ARE AVAILABLE.**

## **To Call an Ambulance**

**Call 9-911 from a fixed WH phone or 911 from a mobile phone. Provide name, location, phone number, number of individuals injured, care administered, specific direction, other info as requested.**

### **EMERGENCY CONTACT NUMBERS**

**Kelly Sabers, MHA, LAT, ATC, 319-430-5136**

**Anthony Andrews, Asst. AD, 423-802-9254**

**Terry Long, AD, 405-816-2814**





**Combo/Meal orders include a drink and a bag of chips or a popcorn:**

1. Hamburger Combo/Meal - \$9 w/cheese \$1
2. Hotdog Combo/Meal - \$9 add \$1 per chili or cheese

**Snack Combo/Meal orders include a drink:**

1. Frito Chili Pie Snack - \$7 w/cheese \$8
2. Nacho & Cheese Snack - \$7 w/chili \$8

Hamburger - \$4

Cheeseburger - \$5

Hot dog - \$4

Chili dog - \$5

Frito Chili Pie - \$4

Nachos - \$4

Pretzels - \$3-w/cheese or cinammon \$4

Popcorn - \$2

Pickles - \$2

Chips - \$2

Candy - \$2

Drinks (Coke, Powerade, & Water)- \$3

Power Core - \$5

Coffee & Hot chocolate - \$2

Smart Water- \$4

# **JETS** guest WIFI



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network

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whps\_guest

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password

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Users must view & acknowledge the  
click-through page prior to access.



Tacos Don Nacho

4.7 ★★★★★ (1.9K) · \$10–20 · Mexican  
3721 S Council Rd  
Homestyle Mexican eats in simple digs



Laredo Taco Company

2.5 ★★☆☆☆ (8) · Tex Mex  
3000 S Council Rd  
Dine-in · Takeout · Delivery



Subway

3.4 ★★★★★ (191) · \$10–20 · Sandwich  
8025 SW 36th St  
Build-your-own sandwich chain



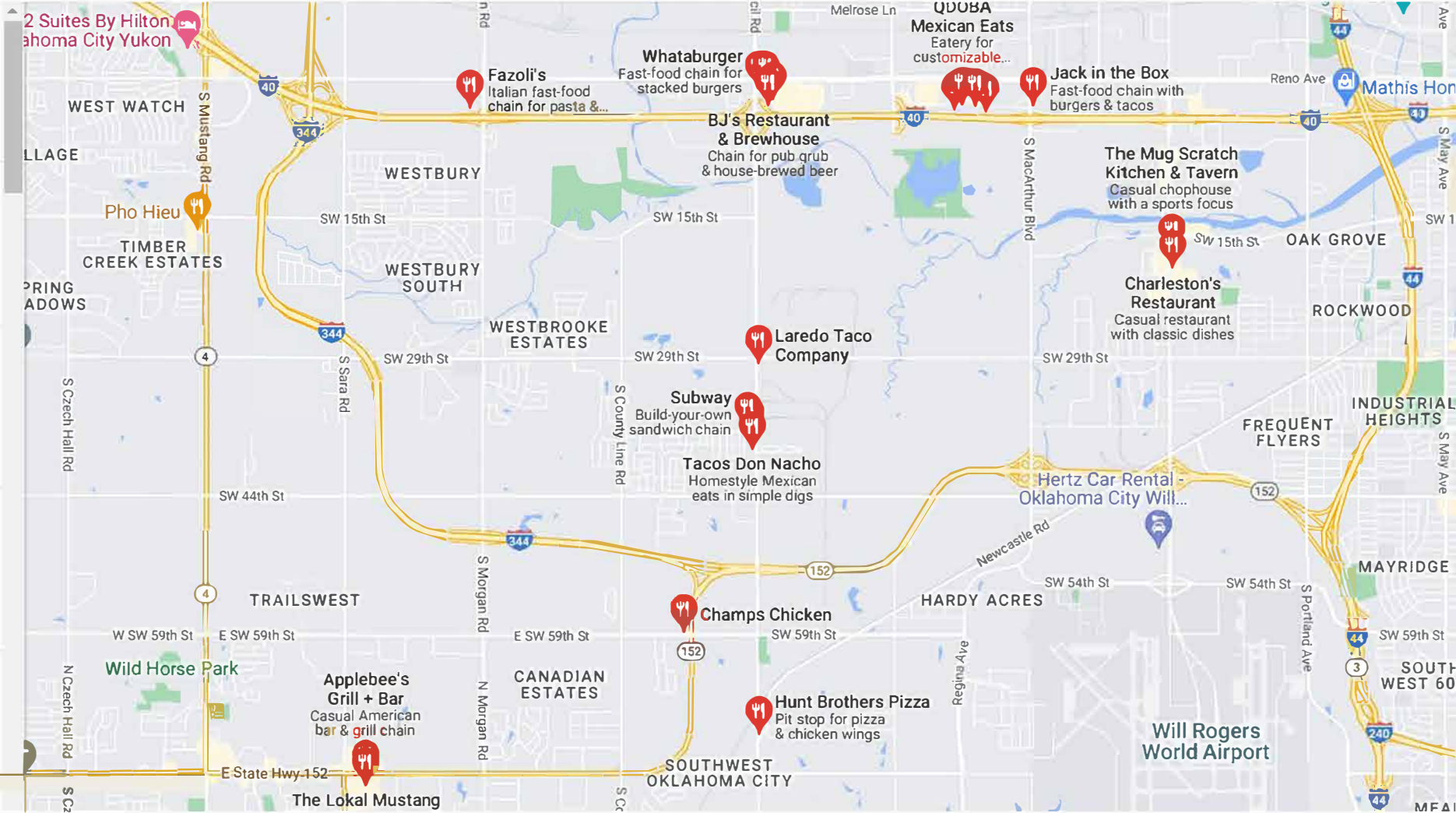
BJ's Restaurant & Brewhouse

4.3 ★★★★★ (1.9K) · \$10–20 · Restaurant  
325 Outlet Shoppes Drive  
Chain for pub grub & house-brewed beer



Charleston's Restaurant

4.6 ★★★★★ (2.9K) · \$\$ · American  
2000 S Meridian Ave  
Casual restaurant with classic dishes



**SOUTH OKC  
CHAMBER**

**Olive Garden Italian Restaurant**  
4.2 ★★★★★ (2.9K) · \$10–20 · Italian  
6330 SW 3rd St  
Family-friendly Italian restaurant chain



**The Mug Scratch Kitchen & Tave...**  
4.2 ★★★★★ (2K) · \$10–20 · American  
1800 S Meridian Ave  
Casual chophouse with a sports focus



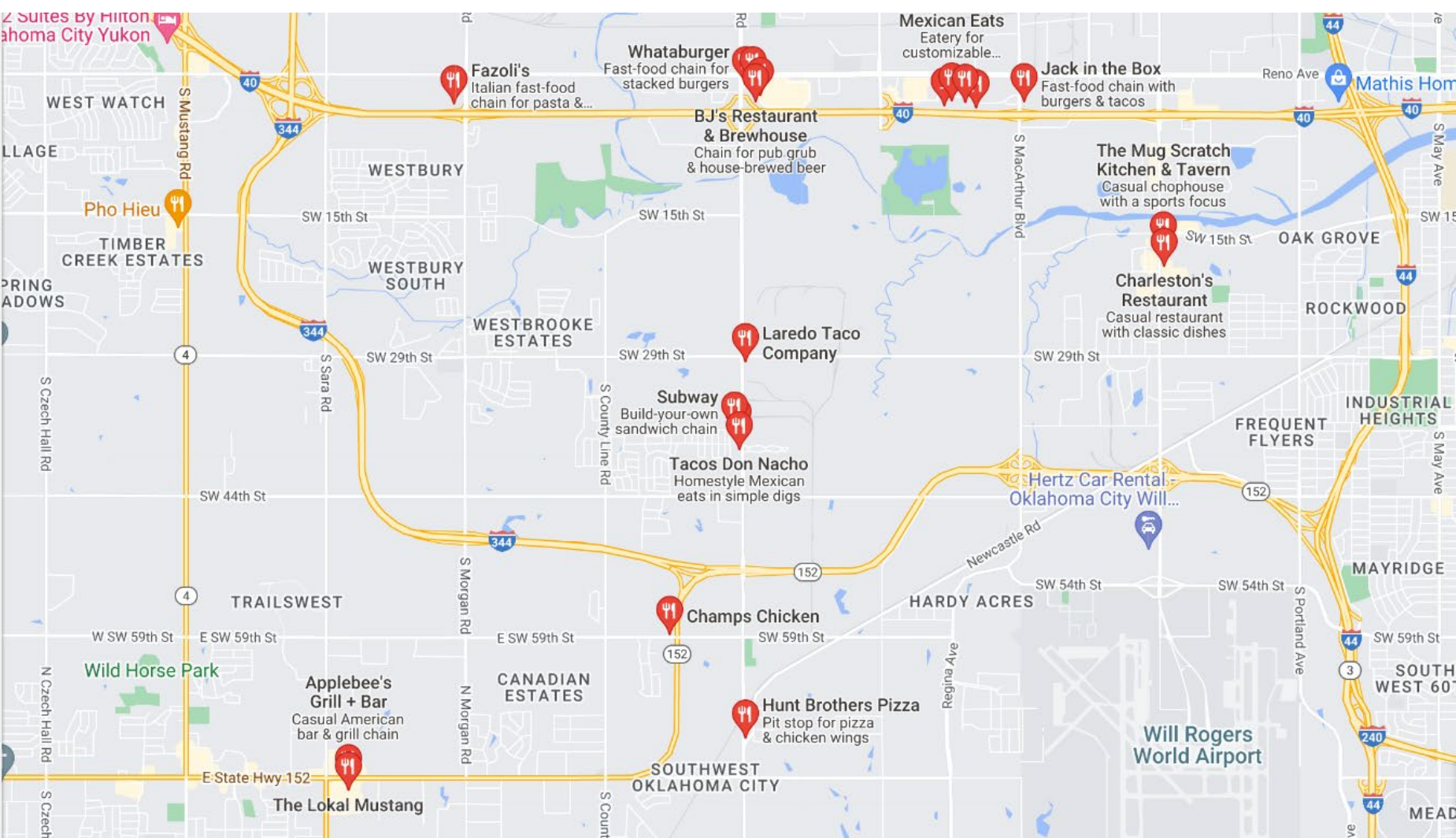
**The Lokal Mustang**  
4.6 ★★★★★ (517) · \$10–20 · American  
Mustang, OK  
Dine-in · Takeout · No delivery



**Sonic Drive-In**  
3.7 ★★★★★ (809) · \$1–10 · Fast Food  
3701 S Council Rd  
Fast-food burger chain with retro flair



**Champs Chicken**  
3.7 ★★★★★ (12) · \$ · Chicken  
8501 SW 59th St  
Takeout · No dine-in · No delivery



***SOUTH OKC  
CHAMBER***



**QDOBA Mexican Eats**

4.2 ★★★★★ (1.1K) · \$10–20 · Mexican  
6432 SW 3rd St  
Eatery for customizable Mexican food



**Twin Peaks**

4.5 ★★★★★ (4.7K) · \$\$ · Restaurant  
6500 SW 3rd St  
Sports pub known for its waitresses



**Ted's Café Escondido**

4.4 ★★★★★ (3.2K) · \$10–20 · Restaurant  
300 Outlet Shoppes Drive  
Casual option for classic Mexican dishes



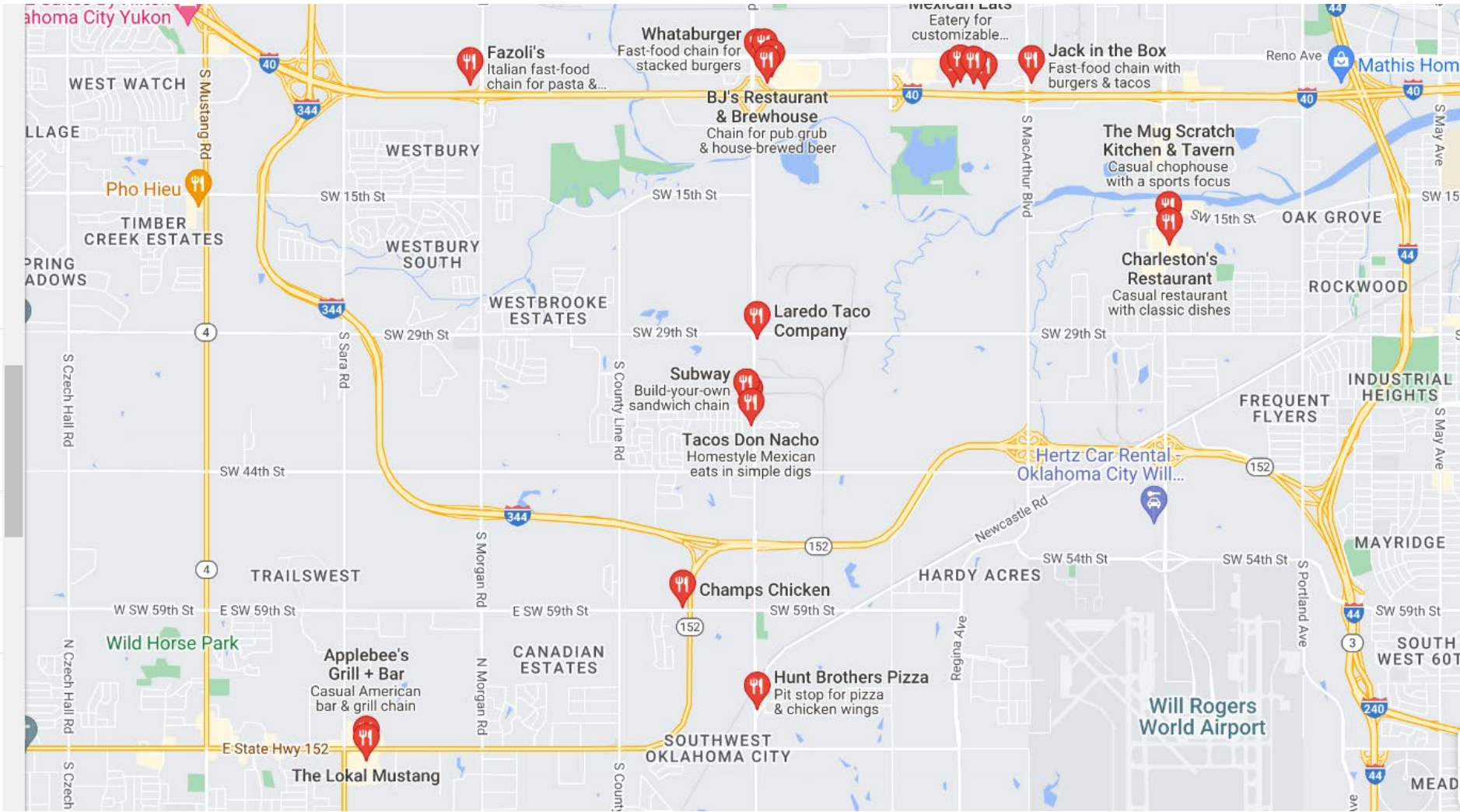
**The Garage Burgers & Beer**

4.5 ★★★★★ (3K) · \$10–20 · Hamburger  
209 Outlet Shoppes Drive  
Dine-in · Curbside pickup · Delivery



**Applebee's Grill + Bar**

3.8 ★★★★★ (995) · \$10–20 · Restaurant  
Mustang, OK  
Casual American bar & grill chain



### Fazoli's

4.2★ (588) · \$10–20 · Italian

501 S Morgan Rd

Italian fast-food chain for pasta & subs

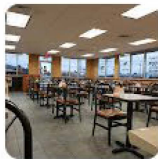


### Whataburger

4.0★ (2.7K) · \$10–20 · Restaurant

208 S Council Rd

Fast-food chain for stacked burgers



### Jack in the Box

3.8★ (2.3K) · \$1–10 · Fast Food

540 S MacArthur Blvd

Fast-food chain with burgers & tacos



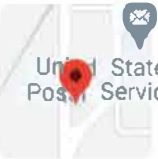
### Hunt Brothers Pizza

5.0★ (1) · \$ · Pizza

7030 S Council Rd

Open now

Pit stop for pizza & chicken wings

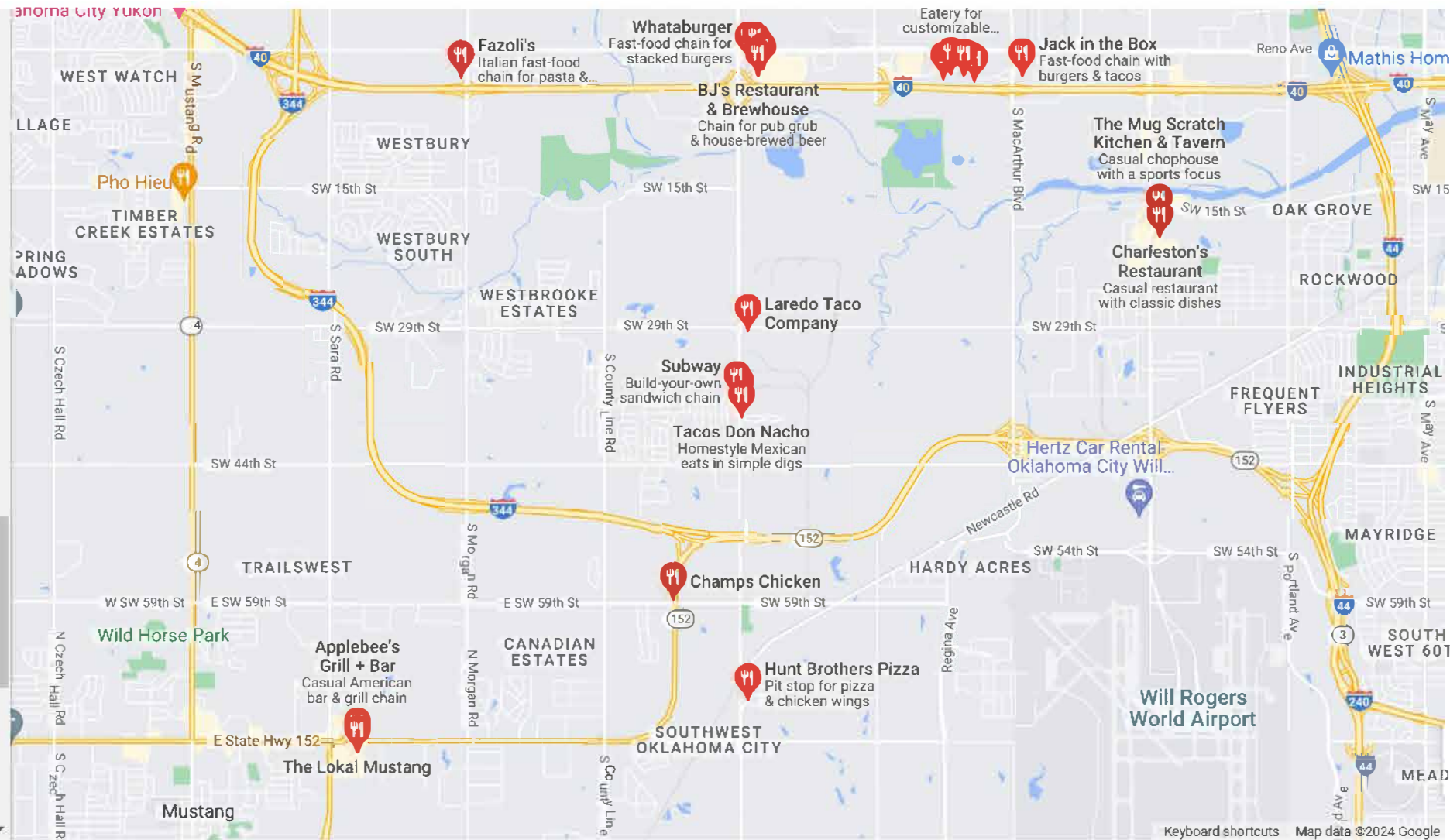
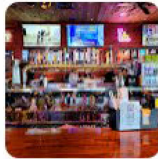


### Bubba's 33

4.4★ (2.1K) · \$10–20 · American

6212 SW 3rd St

Pizza, burgers, beer & large-screen TVs



# ***SOUTH OKC CHAMBER***





- No bags permitted unless it is a clear plastic tote bag (1 per person)
- Non-transparent clutch wallets no larger than 4.5"x 6.5" (1 per person)
- Bags necessary for approved medical equipment.
- Approved family care items (diapers, formula, etc.) must be included in the clear plastic tote bag.

**All carried items are subject to search. Prohibited items must be returned to the owner's car or discarded**

- All visitors/spectators will need remain seated during the event. NO LOITERING under stadium, at concession, restrooms, or on rails in isles to bleachers/stadium.
- All visitors/spectators are required to stay on their respective sides for the duration of the event unless exiting premises.

**NO FIREARMS, WEAPONS, OR EXPLOSIVES ALLOWED ON WESTERN HEIGHTS SCHOOL CAMPUSES.**

Oklahoma prohibits possession of a firearm on any public or private school property.

**PROHIBITED ITEMS:**

- Explosives, firearms, or weapons
- Alcohol (in all forms)
- Bags, backpacks, fanny packs & hard binocular cases (Only clear bags allowed)
- Balloons (unless it is part of a school sponsored ceremony)
- Beach ball, footballs, balls, or other sporting equipment
- Coolers, containers, ice chests
- Laser pointers
- Pets (with the exception of registered service animals)



**ATHLETICS**

## **CLEAR BAG GUIDELINES**

**LIMIT ONE (1) BAG PER PERSON**

### **APPROVED BAGS**



**12"x 6" x 12"**  
**CLEAR TOTE**

(Larger sizes prohibited)



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



**6.5" x 4.5"**  
**SMALL CLUTCH PURSE**  
(Does not have to be clear)

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### **PROHIBITED BAGS - DO NOT BRING**

**BACKPACKS**

**PURSES**

**NON-CLEAR BAGS**

**TINTED PLASTICS**

**DUFFLE BAG**

**CAMERA BAG**

**BINOCULAR CASE**

**FANNY PACK**

**PRINTED BAGS**



