

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 44th 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



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.

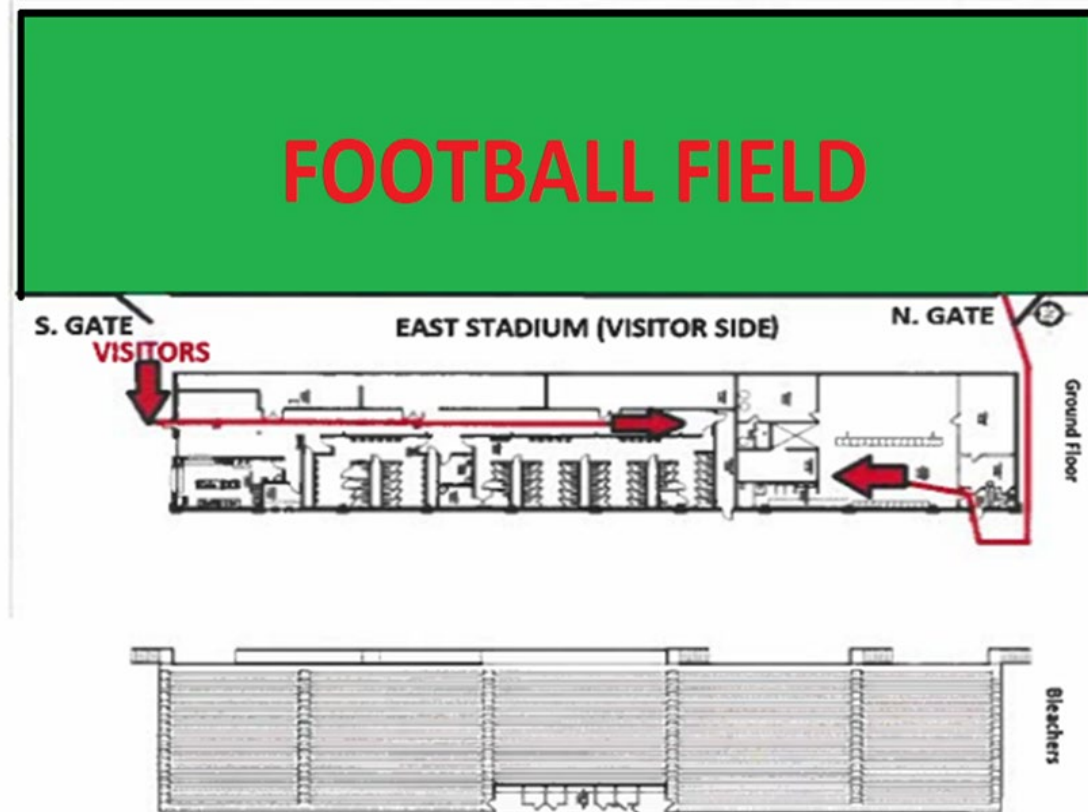


- **EVACUATE TO THE 9TH GRADE CENTER TO THE NW OF THE STADIUM.**
- **OVERFLOW WILL MOVE TO THE HIGH SCHOOL COMMONS AREA.**
- **TEAMS EVACUATE TO THE 9TH GRADE CENTER**



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 44TH 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



network

whps_guest

password

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



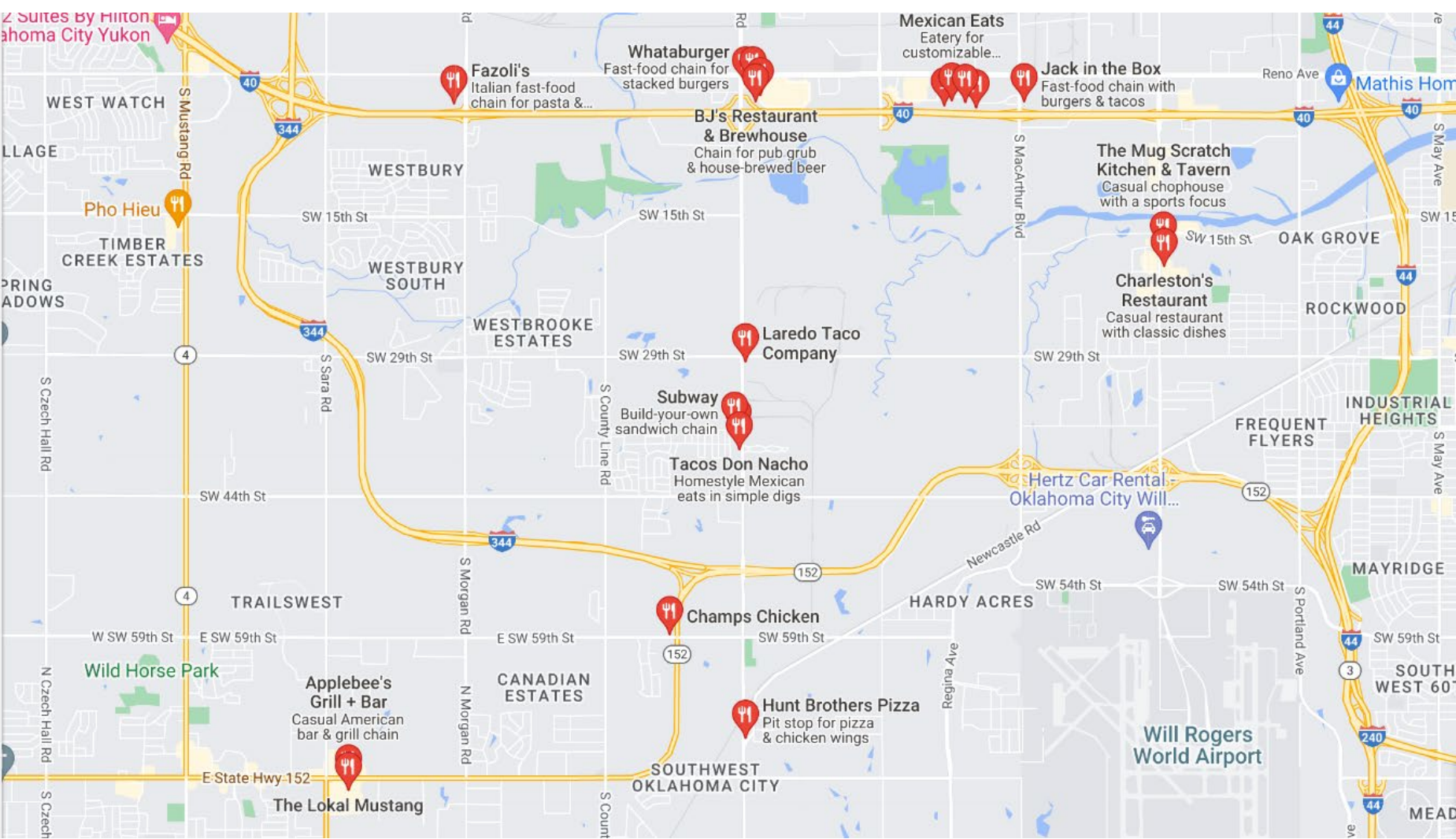
The Lokal Mustang
4.6 ★★★★★ (517) · \$10–20 · American
Mustang, OK
Dine-in · Takeout · No delivery



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



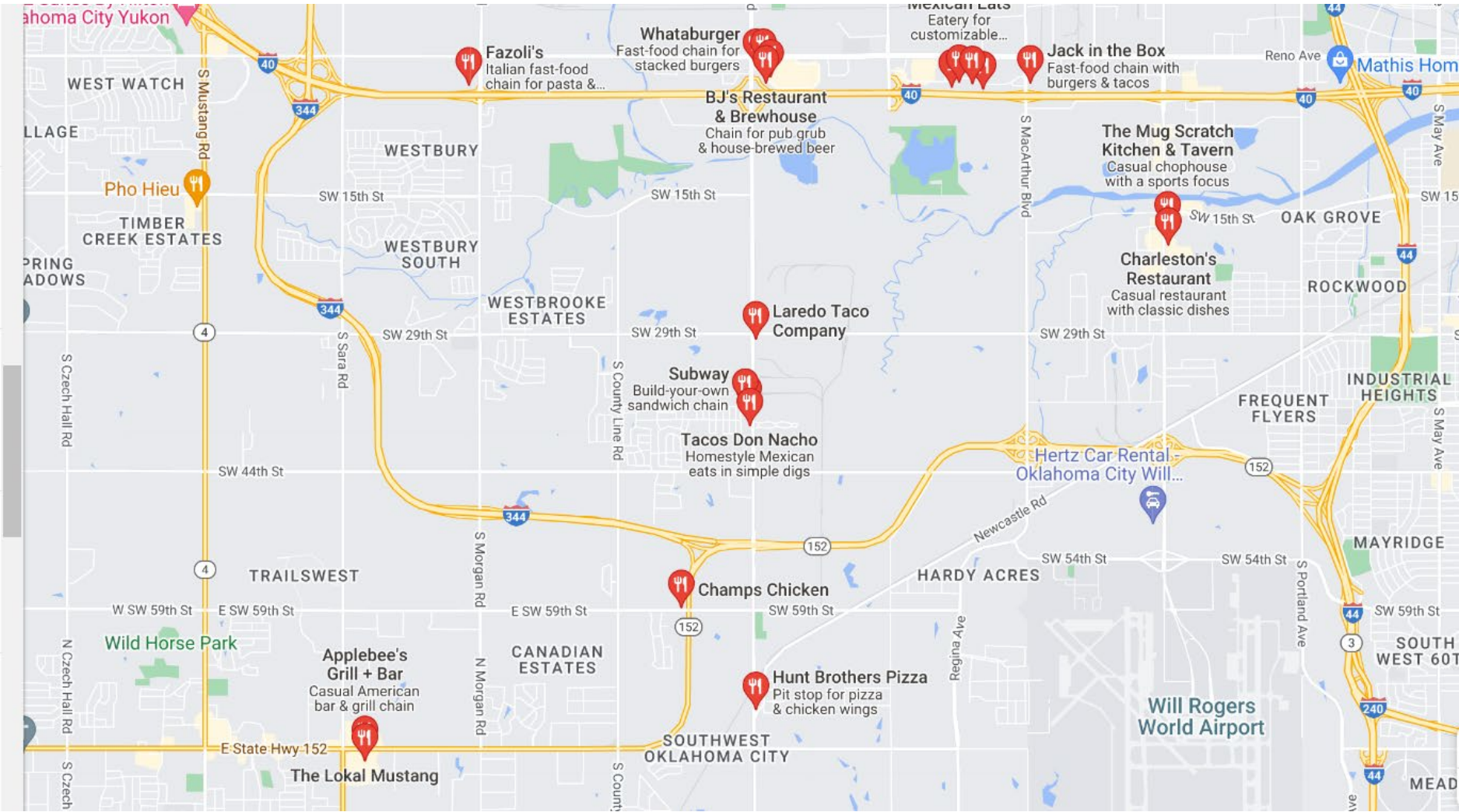
The Garage Burgers & Beer

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



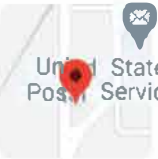
Whataburger
4.0★ (2.7K) · \$10–20 · Restaurant
208 S Council Rd
Fast-food chain for stacked burgers



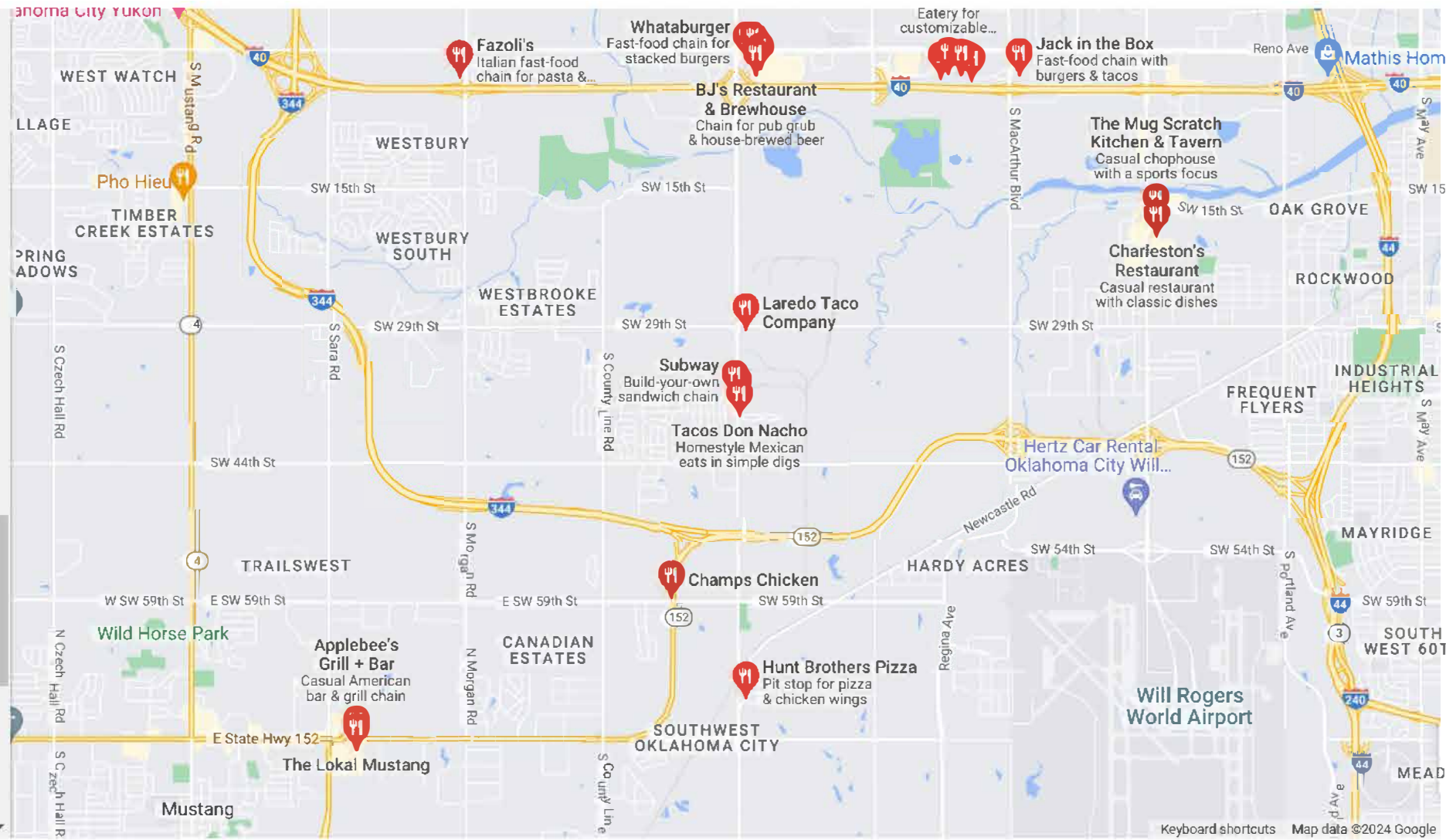
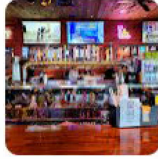
Jack in the Box
3.8★ (2.3K) · \$1–10 · Fast Food
540 S MacArthur Blvd
Fast-food chain with burgers & tacos



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***