

# CARL ALBERT INVITATIONAL

## APRIL 10<sup>TH</sup> 2015

ATTENTION COACHES: If you plan on attending this meet you must notify Brandon Johnson before the entry deadline to receive your Invitation Code+. Team entries will be limited so please make contact as soon as possible to get your spot confirmed. This will be a Seeded Entries Meet. Schools must submit their entries on-line at [www.trackroster.com](http://www.trackroster.com) by completing steps 1 . 5 for Seeded Entries+(step #2 requires the Invitation Code+). The entry deadline is Thursday April 9<sup>th</sup> at 5:00pm. The meet will be CLOSED at 5pm, no late entries accepted. Contact: Brandon Johnson 405-831-6893 or [bjohnson@mid-del.net](mailto:bjohnson@mid-del.net)

1. Coaches meeting . 10:00, Field Events . 10:30, Running . 11:00
2. Entry fee: \$90.00 per team / \$180.00 for both boys and girls. No Refunds.

***Make checks payable to: Carl Albert Track***

***Send to: Carl Albert Athletics  
2009 S. Post Road  
Midwest City, OK 73110***

3. This is a Seeded Entries Meet. Go to [www.trackroster.com](http://www.trackroster.com) to enter your athletes in their events. Deadline is Thursday April 9<sup>th</sup> at 5:00pm. *Team entries will be limited so please make contact as soon as possible to get your spot confirmed.*
4. There will be one varsity boys division and one varsity girls division.
5. Each team may enter three athletes per event, four events for each athlete. Also each team may have only one relay team in each relay event.
6. All running events will be timed finals.
7. Field event contestants will get three preliminary attempts and the top seven contestants will advance to the finals.
8. No tape on track and short spikes only please (1/8 . 1/4).
9. Buses need to park in the parking lot on the west side of the football field.
10. Team scoring will be 10, 8, 6, 4, 2, 1. Double points given for relays.
11. Awards: Three medals in each event and trophies for the top team in each division.

