

Edmond Memorial High School



9TH Grade

Invitational Track Meet

1000 E. 15th Edmond, OK

MONDAY, MARCH 30, 2015

Time: 3:45 Coaches Meeting  4:00 All Events Begin

SITE:

Edmond Memorial High School, 1000 East 15th Street, Edmond, Oklahoma 73013

TIMES:

Coaches meeting at **3:45 pm** with competition beginning at **4:00 pm**

ENTRY PROCESS:

Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 – 5. The entry deadline for this meet is Monday, March 29th by 5:00pm. This is a Roster Only meet. Log into your TrackRoster account at: www.trackroster.com. **TO COMPLETE YOUR ENTRIES, YOU WILL NEED TO FOLLOW STEPS 1-5.** You will also need to contact Tim Grantham to get meet code for adding to your schedule.

ENTRY FEE:

1. \$ **80.00** per gender per team (team consist of 8 athletes or more per gender)
2. \$ **20.00** per individual with team of less than 8
3. Make Checks payable to:

Edmond Public Schools
Attn: Athletic Department
1001 W. Danforth Rd., Edmond, OK 73003-4801

TIMING:

The meet will be timed using **F.A.T**

COMPETITION & WARM-UP:

- **Each team is limited to four entrants in each event and one relay**
- Athletes may only compete in **four** events
- Running events: Report to heating area in the South end zone when your event is called.
- Field Events: Athletes will check-in at the event area

AWARDS:

Awards will be presented to top Three (3) Relays and Top Three (3) Individual placers. Team Awards for 1st and 2nd Place Team

CONCESSION:

Concession stand will be provided

ADMISSION:

\$ 5.00

Meet Directors:

Chris Lowrey (Head Boys' Track)
(405) 715-6589 or chris.lowrey@edmondschools.net

Tim Grantham (Head Girls' Track)
(405) 990-5293 or tim.grantham@edmondschools.net

RUNNING EVENTS

4 x 800 relay	GIRLS – BOYS
4 x 100 relay	GIRLS – BOYS
100 m hurdles	GIRLS
110 m hurdles	BOYS
100 m dash	GIRLS - BOYS
800 m run	GIRLS – BOYS
4 x 200 relay	GIRLS - BOYS
3200 m run	GIRLS – BOYS
400 m dash	GIRLS – BOYS
300 m hurdles	GIRLS – BOYS
200 m dash	GIRLS – BOYS
1600 m run	GIRLS – BOYS
1600 m relay	GIRLS – BOYS

FIELD EVENTS

Pole Vault	BOYS – GIRLS
Shot	GIRLS – BOYS
Discus	BOYS – GIRLS
High jump	BOYS – GIRLS
Long jump	GIRLS – BOYS

