

FRESHMAN INVITATIONAL

Edmond North High School

Monday, April 13, 2015

On behalf of the Edmond Public Schools, we would like to extend an invitation to participate in the 2015 Edmond North Freshman Invitational Track Meet. This is a 9th Grade Only meet. Space is limited. Please email the meet director to confirm your team's spot.

Attention Coaches

Please contact the meet director to secure your team's place in the track meet. Entries must be submitted to trackroster.com by completing steps 1-5 by 11AM on Monday, April 13. There will be no additions or substitutions once entry for the meet closes.

Contacts: Meet Director: Stephen Evans, Edmond North, stephen.evans@edmondschools.net, (662) 347-4336

Start Times: 3:15 Coaches Meeting
3:30 Field Events Begin (see following page for Order of Events)
3:45 Track Events Begin (see following page for Order of Events)

Entries: Each team is limited to three (3) individual entries per event and one (1) relay. No B Teams.

Entry Deadline is Sunday, April 12 at 5PM. All entries must be submitted to trackroster.com by completing steps 1-5. This is a roster only meet.

Seeding: Seeding will be done and lanes will be drawn for running events with the clerk of the course at event check-in. All athletes must check in by an event's 3rd call to participate in the event.

Rules: We will follow all OSSAA and National Federation rules. Each participant is limited to four events. Scoring will be 10-8-6-4-2-1 (but may change depending on the number of teams). Relays will be double points.

Divisions: 9th grade boys, 9th grade girls

Awards: Medals will be awarded to the top three finishers in each event. A plaque will be awarded for the top team in each division.

Other Info: Concessions and restrooms will be available. Dressing rooms will not be available.

Entry Fee: \$70 per team (\$140 for Boys and Girls). No B teams. \$10 per person for teams of six (6) or fewer.

Mail payment to: Edmond Public Schools
Attn: Karen Young
1001 West Danforth
Edmond, OK 73003
(405) 340-2800

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Order of Events

Field Events

Times are approximate and subject to change. Please listen for 1st, 2nd, and 3rd calls. Participants will receive four attempts in the Shot Put, Discus, and Long Jump.

Monday, April 13

- 3:30 **Girls Shot Put**
- Girls Long Jump**
- Girls Pole Vault**
- Boys Discus Throw**
- Boys High Jump**
- 5:30 **Girls Discus Throw**
- Girls High Jump**
- Boys Pole Vault**
- Boys Shot Put**
- Boys Long Jump**

Running Events

We will be on a rolling schedule. Listen for 1st, 2nd, and 3rd calls. Participants that do not check in by 3rd call will not be allowed to participate.

Monday, April 13

- 3:45 **4x100m Relay** (Girls, Boys)
- 4x800m Relay** (Girls, Boys)
- 100m Hurdles** (Girls)
- 110m Hurdles** (Boys)
- 4x200m Relay** (Girls, Boys)
- 3200m Run** (Girls and Boys to be run together)
- 100m Dash** (Girls, Boys)
- 800m Run** (Girls, Boys)
- 400m Dash** (Girls, Boys)
- 300m Hurdles** (Girls, Boys)
- 200m Dash** (Girls, Boys)
- 1600m Run** (Girls, Boys)
- 4x400m Relay** (Girls, Boys)