

# TRACKTOWNOK

Edmond North High School

Friday, April 24, 2015

On behalf of the Edmond Public Schools, we would like to extend an invitation to participate in the 2015 Track Town Invitational. Space is limited. Please email the meet director to confirm your team's spot.

## Attention Coaches

The pole vault will be contested the evening before the meet, Thursday, April 23, as a street vault. The details are still being finalized. In order to participate, vaulters must have met a qualifying standard prior to the meet-- 9' for girls and 12' for boys. This standard may change depending on the venue. If this event is a success, we'd like to open it up to more vaulters next year.

- Contacts:** Meet Director: Stephen Evans, Edmond North, stephen.evans@edmondschools.net, (662) 347-4336  
Pole Vault Judge: Jesse Leake, Edmond Memorial, jesse.leake@edmondschools.net, (405) 657-0755
- Start Times:** 3:15 Scratch Meeting (Declare scratches so that we can consolidate heats. No additions. Substitutions will be allowed, time permitting)  
3:30 Coaches Meeting  
3:45 Track and Field 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. Additionally, teams will be allowed four (4) Wild Card entries (see below).  
  
Entry Deadline is Wednesday, April 22 at Midnight. All entries must be submitted to trackroster.com by completing steps 1-5, including times and distances for seeding.
- Seeding:** This will be a pre-seeded meet. It is important that you enter a mark on trackroster.com for each entry in order for the meet to run as smoothly as possible. This is the same entry procedure that teams will follow for Regional Championship Meets.
- Wild Cards:** Each team has four (4) Wild Card Entries. These are a fourth unscored entry that can compete in addition to your three scored entries in an event. These wildcard entries must be entered normally on trackroster.com and declared at the coaches meeting.
- Rules:** We will follow all OSSAA and National Federation rules. Each participant is limited to four events. Scoring will be 10-8-6-5-4-3-2-1 (assuming 9 teams or more). Relays will be double points.
- Divisions:** 6A boys, 6A girls, 5A and under boys, 5A and under 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. A traveling trophy will also be awarded for the track town challenge (see below).
- Entry Fee:** \$90 per team (\$180 for Boys and Girls). No B teams. \$20 per person for teams of four (4) or fewer.
- Mail payment to: Edmond Public Schools  
Attn: Karen Young  
1001 West Danforth  
Edmond, OK 73003  
(405) 340-2800

## Track Town Challenge

Teams will compete independently in their division. Additionally, the scores of all schools within a town or city will be added together, regardless of division. For example, the score of all schools with a Tulsa zip code, boys and girls, will be added together and compete against all schools with an Edmond zip code and every other town represented at the meet. The winning town gets bragging rights and can claim that they are Track Town, Oklahoma. The highest scoring team from that town will hold a traveling trophy until next year's challenge.

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## Order of Events

### Field Events

Times are approximate and subject to change. Please listen for 1st, 2nd, and 3rd calls. All Boys divisions and all Girls divisions will be run together. Participants will receive four attempts in the Shot Put, Discus, and Long Jump.

#### Thursday, April 23

**5:00 Pole Vault** (Street Vault: time and location to be announced. Participants must meet qualifying standard)

#### Friday, April 24

**3:45 Girls Shot Put**  
**Girls Long Jump**  
**Boys Discus Throw**  
**Boys High Jump**  
**5:45 Girls Discus Throw**  
**Girls High Jump**  
**Boys Shot Put**  
**Boys Long Jump**

### Running Events

Please take note: the Order of Events will be according to NFHS rules, which may be different than what you are accustomed. We will be on a rolling schedule. Listen for 1st, 2nd, and 3rd calls. Participants that do not check in by 3rd call will be scratched.

#### Friday, April 24

**3:45 4x800m Relay** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**100m Hurdles** (Girls 5A and under, Girls 6A)  
**110m Hurdles** (Boys 5A and under, Boys 6A)  
**100m Dash** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**4x200m Relay** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**1600m Run** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**4x100m Relay** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**400m Dash** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**300m Hurdles** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**800m Run** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**200m Dash** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**3200m Run** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)  
**4x400m Relay** (Girls 5A and under, Girls 6A, Boys 5A and under, Boys 6A)