



Marlow High School
Track Invitational (4a Below)
High School Division
(2 Divisions Total)

On behalf of the Marlow Public School System, we would like to extend to you and your track teams and invitation to attend our track meet on Thursday March 12th starting at 9:00.

ATTENTION COACHES: the On-line Entry DEADLINE for our meet is Wednesday, March 11th @ 4pm . (((The meet will be CLOSED at 4pm!))) No late entries accepted. - - - Schools planning to attend this meet must submit their entries on the "ENDURO Entries" website by completing ALL FIVE (5) On-line Steps. If your team/school does not complete ALL FIVE (5) On-line Entry Steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions allowed this year. - - - Please log into your ENDURO Entries (TrackRoster) account at: www.enduroentries.com

Must verify if you are planning to attend please e-mail bwortham@marlow.k12.ok.us or call 580-401-0453

Coaches Meeting 9:00

Running events will start at 10:00

Field events will check in at 9:30 and we will follow the schedule.

Field Events-9:30

- High Jump HS Boys- HS Girls
- Long Jump HS Girls- HS Boys/ (HS 4 Jumps)
- Shot Put HS Boys- HS Girls/ (HS 4 Throws)
- Discus HS Girls- HS Boys/ (HS 4 Throws)
- Pole Vault HS Girls-/HS Boys* **Possible Same Time***

Entry Fee: \$80.00 per team-(**3 Individuals per event**)
 \$60.00 J.V team
 \$10.00 per individual if less than 4 team members.

Entries must be affiliated with a school.

Make checks payable to Marlow High School Athletics *Track*

1st-3rd Place Medals- 1st Team Plaque

We will have a concession Coaches will be provided a ticket to eat with.

Mailing Address:

Marlow High School
P.O Box 73
Marlow Ok 73055
Att. Bobby Wortham
Cell Phone-580-401-0453
E-Mail bwortham@marlow.k12.ok.us

Name of School_____

HS Boys_____ HS Girls_____

HS Boys_____ HS Girls_____

Number of coaches_____



Schedule of Events

9:00 Coaches Meeting

9:30 Field Events:

High Jump	HS Boys- HS Girls
Long Jump	HS Girls-HS Boys/ (HS 4 Jumps)
Shot Put	HS Boys-HS Girls/ (HS 4 Throws)
Discus	HS Girls-HS Boys/ (HS 4 Throw)
Pole Vault	HS Girls-HS Boys* Possible Same Time

10:00 Running Events:

400 Meter Relay	HS Girls-HS Boys
3200 Meter Relay	HS Girls- HS Boys
100 Meter Hurdles	(336) HS Girls
110 Meter Hurdles	(396) HS Boys
3200 Meter Run	HS Boys
800 Meter Relay	HS Girl-H.S Boys
800 Meter Run	HS Girls-HS Boys
100 Meter Dash	HS Girls-HS Boys

15 Minute Break

HS Girls Start During Break

3200 Meter Run	HS Girls-HS Boys
400 Meter Dash	HS Girls-HS Boys
300 Meter Hurdles	HS Girls-HS Boys
300 Meter Hurdles	(366) Boys
200 Meter Dash	HS Girls-HS Boys
1600 Meter Run	HS Girls
1600 Meter Run	HS Boys
1600 Meter Relay	HS Girls-HS Boys



Schedule of Events

9:00 Coaches Meeting

9:30 Field Events:

High Jump	HS Boys- HS Girls/
Long Jump	HS Girls-HS Boys/ (HS 4 Jumps)
Shot Put	HS Boys-HS Girls/ (HS 4 Throws)
Discus	HS Girls-HS Boys/ (HS 4 Throw)
Pole Vault	HS Girls-HS Boys* Possible Same Time

10:00 Running Events:

400 Meter Relay	HS Girls-HS Boys
3200 Meter Relay	HS Girls- HS Boys
100 Meter Hurdles	(336) HS Girls
110 Meter Hurdles	(396) HS Boys
3200 Meter Run	HS Boys
800 Meter Relay	HS Girl-H.S Boys
800 Meter Run	HS Girls-HS Boys
100 Meter Dash	HS Girls-HS Boys

15 Minute Break

HS Girls Start During Break

3200 Meter Run	HS Girls-HS Boys
400 Meter Dash	HS Girls-HS Boys
300 Meter Hurdles	HS Girls-HS Boys
300 Meter Hurdles	(366) Boys
200 Meter Dash	HS Girls-HS Boys
1600 Meter Run	HS Girls
1600 Meter Run	HS Boys
1600 Meter Relay	HS Girls-HS Boys