

BETHANY HIGH SCHOOL 1ST ANNUAL

Bethany Twilight

Bethany High School extends an invitation for your school to participate in our 1st annual High School Boys and Girls Twilight Meet. This event will be held on Monday, March 7, 2016, starting at 4:00 p.m. The following will give you the information you need concerning this meet. The track is located at the Bethany Public Schools Athletic Complex just west of NW 50th Street and Council Road in Northwest Oklahoma City.

All team entries must be completed on-line: www.enduroentries.com (TrackRoster).

Coaches must complete Steps #2 - #5 to complete their team's on-line entries.

You must add the "Bethany Twilight" to your on-line schedule,
and enter your athletes in the meet. (Steps 2-5) (No exceptions)

----- **DEADLINE for all entries: Sunday, March 6 @ 4 PM**-----

Entry Fee: \$85.00 (each boys team) and \$85.00 (each girls team) (\$170.00 total). Make checks payable to Bethany Public Schools.

Bring Checks or Send to: Bethany Public Schools
Attn. Jon Arthur
6721 NW 42nd Street
Bethany, OK, 73008

Field Size: ****The field will be limited to the first 6 schools that contact the meet directors.****

Divisions: High School Boys, High School Girls

Timing: This meet will be FAT.

Trophies: Team points will be kept, but no trophies will be given.

Medals: Medals will be awarded to 1st, 2nd, and 3rd place in all events.

Entrants: Each contestant is limited to four (4) events, including relays. Each school is limited to four (4) entrants in each event. Each school can have unlimited relay entries, although all "A" relays will run in the same heat. **Only three (3) athletes and one (1) relay from a school can score points.**

Time Schedule:
3:30 PM – Coaches Meeting
4:00 PM – Field Events
4:00 PM – 3200 Meter Run
5:15 PM – Running Events (Timed Finals)

Events: Three (3) throws or jumps and then qualify eight (8) to finals shot put, discus, and long jump. If field size is less than 12 competitors the number of throws or jumps may be modified.

Team Points: Points will be awarded to the top 8 in individual events (10-8-6-5-4-3-2-1) and the top 6 in Relays with the points doubled (20-16-12-8-4-2).

Equipment: Our track is an all weather track. Please use spikes no longer than 1/4". Starting blocks will be provided.

Entries: Please let us know if you would like to attend this meet. Send an e-mail to Jon Arthur at jarthur@bethanyschools.com.

For questions or in case of possible inclement weather please contact the meet directors:

Jon Arthur, Head Boys & Girls Track Coach

jarthur@bethanyschools.com

405-664-6183 (Cell)

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Schedule of Events

3:30 Coaches Meeting (Locker Room by the Starting Line)

Field Events

4:00	Discus	Girls	Boys
	High Jump	Girls	Boys
	Shot Put	Boys	Girls
	Long Jump	Boys	Girls
	Pole Vault	Boys	Girls

We will qualify the top eight (8) in all field events to the finals (unless field size is less than 12 competitors in which case the number of throws or jumps may be modified) and we will run all races as final heats against time.

Running Events

*Approximate Times

4:00	3200 Meter Run	Girls	Boys
5:15	400 Meter Relay	Girls	Boys
5:25	3200 Meter Relay	Girls	Boys
5:55	100 Meter Hurdles	Girls (33")	
6:00	110 Meter Hurdles	Boys (39")	
6:10	800 Meter Relay	Girls	Boys
6:25	800 Meter Run	Girls	Boys
6:35	100 Meter Dash	Girls	Boys
6:45	400 Meter Dash	Girls	Boys
7:05	300 Meter Hurdles	Girls (30")	Boys (36")
7:25	200 Meter Dash	Girls	Boys
7:40	1600 Meter Run	Girls	Boys
8:00	1600 Meter Relay	Girls	Boys