

BETHANY HIGH SCHOOL 55th ANNUAL INVITATIONAL TRACK MEET 2016

Bethany High School extends an invitation for your school to participate in our 55th annual High School Boys and Girls Invitational Track and Field Meet. This event will be held on Saturday, April 2, 2016, starting at 9:30 a.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 High School Invitational" to your on-line schedule, and enter your athletes in the meet. (Steps 2-5) (No exceptions)

----- **DEADLINE for all entries: Friday, April 1 at 4 PM**-----

Entry Fee: \$90.00 (each boys team) and \$90.00 (each girls team) (\$180.00 total) and \$25.00 per individual (up to 4). Make checks payable to Bethany Public Schools.
- "B" Teams for \$75.00 per division (B Teams may not medal)
Bring Checks or Send to: Bethany Public Schools
Attn. Jon Arthur
6721 NW 42nd Street
Bethany, OK, 73008

Divisions: High School Boys, High School Girls

Timing: We will be using a fully automatic timing system.

Trophies: Trophies will be awarded to 1st place team in both girls and boys divisions, and plaques will be awarded to the 2nd place team as well as the winning coach in each division. Also, a plaque will be awarded to the high point individual in each division.

Medals: Medals will be awarded to 1st, 2nd, 3rd, 4th, and 5th place in all individual events and to 1st, 2nd, and 3rd place in all relay events.

Entrants: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one team in each relay.

Time Schedule:
9:00 AM Coaches Meeting
9:30 AM Field Events
10:15 AM Running Events (Timed Finals)

Events: Three (3) throws or jumps and then qualify eight (8) to finals shot put, discus, and long jump.

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

Lunch: Lunch will be provided for coaches.

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 director:

Jon Arthur, Head Boys & Girls Track Coach

jarthur@bethanyschools.com

405-664-6183 (Cell)

Fax: 405-499-4634, Attn: Jon Arthur

Bethany Athletic Complex Phone: (405) 499-4640

55th ANNUAL BETHANY HIGH SCHOOL INVITATIONAL

Schedule of Events

9:00 Coaches Meeting (Locker Room behind the Stadium)

Field Events

| | | | |
|------|------------|-------|-------|
| 9:30 | Discus | Girls | Boys |
| | High Jump | Boys | Girls |
| | Shot Put | Boys | Girls |
| | Long Jump | Girls | Boys |
| | Pole Vault | Boys | Girls |

We will qualify the top eight (8) in all field events to the finals and we will run all races as final heats against time.

Timed Finals

| | | | |
|-------|--|-------------|------------|
| 10:15 | 400 Meter Relay | Girls | Boys |
| | 3200 Meter Relay | Girls | Boys |
| | 100 Meter Hurdles | Girls (33") | |
| | 110 Meter Hurdles | Boys (39") | |
| | 3200 Meter Run | Boys | |
| | 800 Meter Relay | Girls | Boys |
| | 800 Meter Run | Girls | Boys |
| | 100 Meter Dash Will Heat <u>BEFORE</u> the Break | | |
| | ***Lunch Break - Field Events will Continue*** | | |
| | 100 Meter Dash | Girls | Boys |
| | 3200 Meter Run | Girls | |
| | 400 Meter Dash | Girls | Boys |
| | 300 Meter Hurdles | Girls (30") | Boys (36") |
| | 200 Meter Dash | Girls | Boys |
| | 1600 Meter Run | Girls | Boys |
| | 1600 Meter Relay | Girls | Boys |
| | (Top four (4) team points in last heat, plus next two best seed times) | | |

****Pick up medals from the pressbox at the conclusion of the 1600 Meter Relay.**

Bethany High School Track Meet Records

| Field Events | Bethany HS Invitational Records 1950-Present | Bethany Track Facility Records All Meets held at Track Complex 1982-Present |
|-----------------------|---|--|
| Shot Put | G: Jacye Grimm, Ponca City, 40'6" (2013) B: Wes Simms, Weatherford, 56'8" (1999) | G: Ashley Bryant, Newcastle, 42'10" (2012) B: Wes Simms, Weatherford, 56'8" (1999) |
| Discus | G: Bre Davis, Piedmont, 131'7" (2014) B: Wes Simms, Weatherford, 178'2" (1999) | G: Mariah Garcia, Mustang, 149'5" (2012) B: Wes Simms, Weatherford, 178'2" (1999) |
| Long Jump | G: Schuyler Wood, Putnam City, 18'9.5" (2013) B: Dalton Stout, Bethany, 22'4.25" (2014) | G: Schuyler Wood, Putnam City, 18'9.5" (2013) B: Dalton Stout, Bethany, 22'4.25" (2014) |
| High Jump | G: 6 Tied, 5'4" (1984-2014) B: Denmark (Casady), Elliston (BM), 6'8" ('80, '99) | G: 9 Tied, 5'4" (1984-2014) B: 3 Tied, 6'8" (1980-2012) |
| Pole Vault | G: Jerni Self, Cache, 11'0" (2015) B: Wilkenson, Stroud, 15'6" (1996) | G: Erin Shaughnessy, Shawnee, 11'1" (2011) B: Wilkenson, Stroud, 15'6" (1996) |
| Running Events | Meet Records | Track Records |
| 100 Meter Dash | G: Kaley Knox, Bethany, 12.57 (2015) B: Delans Griffin, Clinton, 10.74 (2010) | G: Audrianna Morgan, Centennial, 12.17 (2012) B: Delans Griffin, Clinton, 10;74 (2010) |
| 200 Meter Dash | G: Yoshika Thomas, Lawton Mac, 25.89 (2013) B: Delans Griffin, Clinton, 21.94 (2010) | G: Audrianna Morgan, Centennial, 25.42 (2012) B: Delans Griffin, Clinton, 21.94 (2010) |
| 400 Meter Dash | G: Kaley Knox, Bethany, 59.52 (2014) B: McGuinness, Fairview, 49.34 (1967) | G: Kaley Knox, Bethany, 59.52 (2014) B: Jywayne Allen, Ardmore, 49.04 (2012) |
| 800 Meter Run | G: Levan, Casady, 2:21.24 (1991) B: Antonio Humphrey, Douglass, 1:56.89 (2013) | G: Levan, Casady, 2:21.24 (1991) B: Antonio Humphrey, Douglass, 1:56.89 (2013) |
| 1600 Meter Run | G: Ferguson, Bishop McGuinness, 5:28.94 (2008) B: Zach Porterfield, Stillwater, 4:31.23 (2014) | G: Emily Helms, Mustang, 5:26.48 (2012) B: Zach Porterfield, Stillwater, 4:31.23 (2014) |
| 3200 Meter Run | G: Martin, Casady, 11:57.24 (2008) B: Doyle, Watonga, 10:02.14 (2007) | G: Emily Helms, Mustang, 11:36.53 (2012) B: Doyle, Watonga, 10:02.14 (2007) |
| 100/110 Meter Hurdles | G: Courtney Nelson, PC North, 15.30 (2014) B: West, Chandler, 14.74 (1972) | G: Courtney Nelson, PC North, 15.30 (2014) B: West, Chandler, 14.74 (1972) |
| 300 Meter Hurdles | G: Courtney Nelson, PC North, 45.83 (2013) B: Russell, Jones, 40.24 (1995) | G: Courtney Nelson, PC North, 45.83 (2013) B: Russell, Jones, 39.44 (1984) |
| 400 Meter Relay | G: Guthrie, 50.26 (2013) B: Millwood, 42.74 (2007) | G: Guthrie, 50.26 (2013) B: Millwood, 42.74 (2007) |
| 800 Meter Relay | G: Millwood, 1:45.74 (1995) B: Guthrie, 1:29.80 (2014) | G: Millwood, 1:45.74 (1995) B: Guthrie, 1:29.80 (2014) |
| 1600 Meter Relay | G: Bishop McGuinness, 4:11.24 (2008) B: Enid, 3:25.15 (2013) | G: Shawnee, 4:09.55 (2012) B: Enid, 3:25.15 (2013) |
| 3200 Meter Relay | G: Casady, 10:04.24 (2008) B: Chisholm, 8:13.47 (2015) | G: Shawnee, 9:57.22 (2012) B: Chisholm, 8:13.47 (2015) |