

CARL ALBERT INVITATIONAL

APRIL 8TH 2016

ATTENTION COACHES: **Team entries will be limited** so please make contact as soon as possible to get your spot confirmed. Contact Brandon Johnson at bjohnson@mid-del.net to receive your Invitation Code.

This will be a **Seeded Entries Meet**. Schools must submit their entries on-line at www.trackroster.com by completing steps 1 - 5 for Seeded Entries (step #2 requires the Invitation Code). **The entry deadline is Wednesday April 6th at 5:00pm. The meet will be CLOSED at 5pm, no late entries accepted.**

1. Coaches meeting . 9:30, Field Events . 10:00, Running . 10:45
2. This will be a varsity only meet. No B-Teams.
3. Each team may enter three athletes per event, four events for each athlete. Also each team may have only one relay team in each relay event.
4. Field event contestants will get three preliminary attempts and the top seven contestants will advance to the finals.
5. Buses need to park in the parking lot on the west side of the football field.
6. Entry fee: \$90.00 per team / \$180.00 for both boys and girls. No Refunds.

Make checks payable to: Carl Albert Track

**Send to: Carl Albert Track
2009 S. Post Road
Midwest City, OK 73110**



CARL ALBERT INVITATIONAL
TRACK MEET



FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls
 Boys

Discus: Boys
 Girls

Pole Vault: Girls
 Boys

Long Jump: Girls
 Boys

High Jump: Boys
 Girls

RUNNING EVENTS BEGIN AT 10:45 A.M.

400 Meter Relay õ Girls/Boys

3200 Meter Relay õ ...**Boys/Girls**

100 Meter Hurdles (33+)õ .Girls

110 Meter Hurdles (39+)õBoys

3200 Meter Runõ ..Boys

800 Meter Relayõ Girls/Boys

800 Meter Runõ ..Girls/Boys

100 Meter Dashõ .õ Girls/Boys

3200 Meter Runõ ..õ Girls

400 Meter Dashõ .Girls/Boys

300 Meter Hurdles (30+)õ .õ Girls

300 Meter Hurdles (36+)õ Boys

200 Meter Dashõ .Girls/Boys

1600 Meter Runõ Girls/Boys

1600 Meter Relayõ .Girls/Boys