

# Edmond Memorial High School



9<sup>TH</sup> Grade

Invitational Track Meet

1000 E. 15<sup>th</sup> Edmond, OK

**MONDAY, APRIL 11, 2016**

**Time: 3:45 Coaches Meeting  4:00 All Events Begin**

**SITE:**

Edmond Memorial High School, 1000 East 15<sup>th</sup> Street, Edmond, Oklahoma 73013

**TIMES:**

Coaches meeting at **3:45 pm** with competition beginning at **4:00 pm**

**ENTRY PROCESS:**

Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 – 5. The entry deadline for this meet is Friday, April 8<sup>th</sup> by 5:00pm. This is a Roster Only meet. Log into your TrackRoster account at: [www.trackroster.com](http://www.trackroster.com). **TO COMPLETE YOUR ENTRIES, YOU WILL NEED TO FOLLOW STEPS 1-5.**

**ENTRY FEE:**

1. \$ **80.00** per gender per team (team consist of 6 athletes or more per gender)
2. **You may enter a B team for an additional \$ 80.00 each gender**
3. \$ **20.00** per individual with team of less than 6
4. Make Checks payable to:

**Edmond Public Schools**  
**Attn: Athletic Department**  
1001 W. Danforth Rd., Edmond, OK 73003-4801

**TIMING:**

The meet will be timed using **F.A.T**

**COMPETITION & WARM-UP:**

- **Each team is limited to four entrants in each event and one relay**
- Athletes may only compete in **four** events
- Running events: Report to heating area in the South end zone when your event is called.
- Field Events: Athletes will check-in at the event area

**AWARDS:**

Awards will be presented to top Three (3) Relays and Top Three (3) Individual placers. Team Awards for 1<sup>st</sup> and 2<sup>nd</sup> Place Team

**CONCESSION:**

Concession stand will be provided

**ADMISSION:**

\$ 5.00

**Meet Directors:**

**Chris Lowrey** (Head Boys' Track)  
(405) 715-6589 or [chris.lowrey@edmondschools.net](mailto:chris.lowrey@edmondschools.net)

**Tim Grantham** (Head Girls' Track)  
(405) 990-5293 or [tim.grantham@edmondschools.net](mailto:tim.grantham@edmondschools.net)

# EDMOND MEMORIAL HIGH SCHOOL

## FRESHMAN MEET

April 11<sup>th</sup>

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### RUNNING EVENTS

4 x 800 relay	GIRLS – BOYS
4 x 100 relay	GIRLS – BOYS
100 M hurdles	GIRLS
110 M hurdles	BOYS
100 M dash	GIRLS - BOYS
800 M run	GIRLS – BOYS
4 x 200 relay	GIRLS - BOYS
3200 m run	GIRLS – BOYS
400 m dash	GIRLS – BOYS
300 m hurdles	GIRLS – BOYS
200 m dash	GIRLS – BOYS
1600 m run	GIRLS – BOYS
1600 m relay	GIRLS – BOYS

### FIELD EVENTS

Pole Vault	BOYS – GIRLS
Shot	GIRLS – BOYS
Discus	BOYS – GIRLS
High jump	BOYS – GIRLS
Long jump	GIRLS – BOYS