

UNDERCLASSMAN INVITATIONAL

EDMOND NORTH HIGH SCHOOL

APRIL 5, 2016

A MEET FOR FRESHMAN & JUNIOR VARSITY ATHLETES

On behalf of Edmond Public Schools, we would like to extend an invitation to participate in the 2016 Underclassman Invitational. Space is limited to six (6) teams. Preference will be given to those teams who plan to bring both Freshman and Junior Varsity Athletes. Please email the meet director to confirm your team's spot.

Attention Coaches

This meet is limited to six (6) teams per division. Contact the meet director to secure your spot. Once confirmed, you will receive a code to enter your athletes on trackroster.com. This is a Rosters Only Meet.

Entry deadline is Monday, April 4 at 3:00 PM.

Meet Director: Stephen Evans, stephen.evans@edmondschools.net, (405) 726-1072

Start Times: 3:00 Coaches Meeting
3:30 Track and Field Events Begin (see following page for Order of Events)

Entries: For each division, teams are limited to five (5) entries per individual running event, three (3) per field event, and one (1) team per relay. Additional relay teams may be requested, room permitting.

Entry Deadline is Monday, April 4 at 3:00 PM. Use trackroster.com to enter your athletes. This is a rosters only meet, but it is still important that each athlete is entered into the meet and has a competitor number.

Rules: We will follow all OSSAA and National Federation rules. Each participant is limited to four events. Scoring will be 10-8-6-4-2-1. Relays will be double points, as is the norm in Oklahoma.

Divisions: Four Divisions: 9th grade boys, 9th grade girls, JV boys, JV girls

Awards: Medals will be awarded to the top three finishers in each event for each division. The most outstanding athlete per division (based on points scored) will be awarded a plaque.

Food: Coaches will have access to a hospitality room. Concessions will be open for athletes.

Entry Fee: \$75 per team (\$300 for all divisions). \$20 per entry for teams of three or fewer, room permitting.

Mail payment to: Edmond Public Schools
Attn: Karen Young
1001 West Danforth
Edmond, OK 73003
(405) 340-2800

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Order of Events

Field Events

Participants will receive four attempts in the Shot Put, Discus, and Long Jump. Pits and throwing areas will remain open for the time allotted. Track events take precedence, but athletes competing in multiple events must pay attention and be diligent about returning to their field events as soon as possible. Times are approximate. Please listen for 1st, 2nd, and 3rd calls.

Starting Heights: Girls HJ: 4'2" Boys HJ: 5'2" Girls PV: 6'6" Boys PV: 8'0"

Qualifying Marks: Girls LJ: 13'0" Boys LJ: 16'0" Girls SP: 20'0" Boys SP: 35'0" Girls DT: 60'0" Boys DT: 80'0"

3:30 9th Girls Shot Put, JV Boys Discus, JV Girls Long Jump, Boys High Jump (9th & JV), Girls Pole Vault (9th & JV)

4:30 JV Girls Shot Put, 9th Boys Discus, 9th Girls Long Jump

5:30 JV Boys Shot Put, 9th Girls Discus, JV Boys Long Jump, Girls High Jump (9th & JV), Boys Pole Vault (9th & JV)

6:30 9th Boys Shot Put, JV Girls Discus, 9th Boys Long Jump

Track Events*

We will be on a rolling schedule. All running events are timed finals. Athletes must listen for 1st, 2nd, and 3rd calls. Athletes must check in by 3rd call for their event. We will be using a FAT system.

3:30 4x100m Relay (9th Girls, JV Girls, 9th Boys, JV Boys)

4x800m Relay (9th Girls, JV Girls, 9th Boys, JV Boys)

100m Hurdles (9th Girls, JV Girls)

110m Hurdles (9th Boys, JV Boys)

100m Dash (9th Girls, JV Girls, 9th Boys, JV Boys)

1600m Run (9th Girls, JV Girls, 9th Boys, JV Boys)

400m Dash (9th Girls, JV Girls, 9th Boys, JV Boys)

300m Hurdles (9th Girls, JV Girls, 9th Boys, JV Boys)

800m Run (9th Girls, JV Girls, 9th Boys, JV Boys)

200m Dash (9th Girls, JV Girls, 9th Boys, JV Boys)

3200m Run (9th Girls, JV Girls, 9th Boys, JV Boys)

4x400m Relay (9th Girls, JV Girls, 9th Boys, JV Boys)

*The 4x200m Relay will not be contested at this meet.