



# MIDDLE SCHOOL INVITATIONAL

**EDMOND NORTH HIGH SCHOOL, APRIL 7, 2016**

On behalf of Edmond Public Schools, we would like to extend an invitation to participate in the 2016 Edmond North Middle School Invitational. Space is limited. Please email the meet director to confirm your team's spot.

### Attention Coaches

All teams must contact the meet director to secure their spot. Athletes must be entered into trackroster.com by the deadline to obtain a competition number. This is a Rosters Only Meet.

Entry deadline is Wednesday, April 6 at 3:00 PM.

**Meet Director:** Stephen Evans, [stephen.evans@edmondschools.net](mailto: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 three (3) entries per individual event and one (1) team per relay. B Teams will be allowed.

Entry Deadline is Wednesday, April 6 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: 7th grade boys, 7th grade girls, 8th grade boys, 8th grade girls  
(6th grade will be allowed to compete in the 7th grade division)

**Awards:** Medals will be awarded to the top three finishers in each event for each division. The 1st place teams in each division will receive a trophy.

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

**Entry Fee:** \$60 per team (\$240 for all divisions). B Teams will be an additional \$40 each.  
\$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: 3'6" Boys HJ: 4'0" Girls PV: 5'0" Boys PV: 6'0"

**Qualifying Marks:** Girls LJ: 11'0" Boys LJ: 13'0" Girls SP: 15'0" Boys SP: 25'0" Girls DT: 40'0" Boys DT: 60'0"

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**3:30** 7th Girls Shot Put, 8th Boys Discus, 8th Girls Long Jump, Boys High Jump (7th & 8th), Girls Pole Vault (7th & 8th)

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**4:30** 8th Girls Shot Put, 7th Boys Discus, 7th Girls Long Jump

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**5:30** 8th Boys Shot Put, 7th Girls Discus, 8th Boys Long Jump, Girls High Jump (7th & 8th), Boys Pole Vault (7th & 8th)

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**6:30** 7th Boys Shot Put, 8th Girls Discus, 7th Boys Long Jump

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### 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 (7th Girls, 8th Girls, 7th Boys, 8th Boys)

4x800m Relay (7th Girls, 8th Girls, 7th Boys, 8th Boys)

100m Hurdles (7th Girls, 8th Girls)

110m Hurdles (7th Boys, 8th Boys)

100m Dash (7th Girls, 8th Girls, 7th Boys, 8th Boys)

3200m Run (7th & 8th Grade Girls)

4x200m Relay (7th Girls, 8th Girls, 7th Boys, 8th Boys)

3200m Run (7th & 8th Grade Boys)

400m Dash (7th Girls, 8th Girls, 7th Boys, 8th Boys)

300m Hurdles (7th Girls, 8th Girls, 7th Boys, 8th Boys)

800m Run (7th Girls, 8th Girls, 7th Boys, 8th Boys)

200m Dash (7th Girls, 8th Girls, 7th Boys, 8th Boys)

1600m Run (7th Girls, 8th Girls, 7th Boys, 8th Boys)

4x400m Relay (7th Girls, 8th Girls, 7th Boys, 8th Boys)