



**Marlow High School**  
Track Invitational (4a Below)  
High School Division  
(4 Divisions Total)

On behalf of the Marlow Public School System, we would like to extend to you and your track teams and invitation to attend our track meet on Thursday March 10<sup>th</sup> starting at 9:00.

**ATTENTION COACHES:** the On-line Entry DEADLINE for our meet is Wednesday, March 9th @ 4pm . (((The meet will be CLOSED at 4pm!))) No late entries accepted. - - - Schools planning to attend this meet must submit their entries on the "ENDURO Entries" website by completing ALL FIVE (5) On-line Steps. If your team/school does not complete ALL FIVE (5) On-line Entry Steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions allowed this year. - - - Please log into your ENDURO Entries (TrackRoster) account at: [www.enduroentries.com](http://www.enduroentries.com)

**Must verify if you are planning to attend please e-mail [bwortham@marlow.k12.ok.us](mailto:bwortham@marlow.k12.ok.us) or call 580-401-0453**

**Coaches Meeting 9:00**

**Running events will start at 10:00**

Field events will check in at 9:30 and we will follow the schedule.

**Field Events-9:30**

- High Jump      HS Boys- HS Girls-J.H Boys-J.H Girls
- Long Jump     HS Girls- HS Boys/ (HS 4 Jumps) J.H Girls-J.H Boys (3 Jumps)
- Shot Put       HS Boys- HS Girls/ (HS 4 Throws) J.H Boys-J.H Girls-(3Throws)
- Discus          HS Girls- HS Boys/ (HS 4 Throws) J.H Girls-J.H Boys (3 Throws)
- Pole Vault     HS Girls-J.H Girls/HS Boys/J.H Boys\* **Possible Same Time\*G-B**

**Entry Fee:**      \$90.00 per team-( **3 Individuals per event**)  
                      \$75.00 J.V team  
                      \$10.00 per individual if less than 4 team members.

**Entries must be affiliated with a school.**

Make checks payable to Marlow High School Athletics \*Track\*

**1st-3<sup>rd</sup> Place Medals- 1<sup>st</sup> Team Plaque**

We will have a concession Coaches will be provided a ticket to eat with.

**Mailing Address:**

Marlow High School  
P.O Box 73

Marlow Ok 73055

Att. Bobby Wortham

Cell Phone-580-401-0453

E-Mail [bwortham@marlow.k12.ok.us](mailto:bwortham@marlow.k12.ok.us)

Name of School\_\_\_\_\_

HS Boys\_\_\_\_\_ HS Girls\_\_\_\_\_

HS Boys\_\_\_\_\_ HS Girls\_\_\_\_\_

Number of coaches\_\_\_\_\_



### Schedule of Events

#### 9:00 Coaches Meeting

#### 9:30 Field Events:

|            |  |
|------------|--|
| High Jump  | HS Boys- HS Girls óJ.H Boys-J.H Girls                                |
| Long Jump  | HS Girls-HS Boys/ ( 4 Jumps ) J.H Girls-J.H Boys (3 Jumps)           |
| Shot Put   | HS Boys-HS Girls/ ( 4 Throws) J.H Boys-J.H Girls (3 Throws)          |
| Discus     | HS Girls-HS Boys/ ( 4 Throw) J.H Girls-J.H Boys (3 Throws)           |
| Pole Vault | <b>(HS Girls-J.H Girls)-(H.S Boys-J.H Boys) * Possible Same Time</b> |

#### 10:00 Running Events:

|                   |  |
|-------------------|--|
| 400 Meter Relay   | J.H Girls-J.H Boys. óH.S Girls-H.S Boys        |
| 3200 Meter Relay  | (J.H GirlsJ.-J.H Boys)-(HS Girls- HS Boys )    |
| 100 Meter Hurdles | (33ó)J.H Girls- HS Girls                       |
| 110 Meter Hurdles | (36ó) JH Boys-(39ó) HS Boys                    |
| 3200 Meter Run    | HS Boys-H.S Girls                              |
| 800 Meter Relay   | J.H Girls-J.H Boys-HS Girl-H.S Boys            |
| 800 Meter Run     | J.H Girls-J.H Boys-HS Girls-HS Boys            |
| 100 Meter Dash    | J.H Girls-J.H Boys-HS Girls-HS Boys            |
| 15 Minute Break   |  |
| 3200 Meter Run    | <b>(J.H Boys-J.H Girls) Start During Break</b> |
| 400 Meter Dash    | J.H Girls-J.H Boys-H.S Girls-HS Boys           |
| 300 Meter Hurdles | J.H Girls-HS Girls                             |
| 300 Meter Hurdles | J.H Boys (33ó) Boys (36)                       |
| 200 Meter Dash    | J.H Girls-J.H Boys-HS Girls-HS Boys            |
| 1600 Meter Run    | J.H Girls óJ.H Boys                            |
| 1600 Meter Run    | H.S Girls-HS Boys                              |
| 1600 Meter Relay  | J.H Girls-J.H Boys-HS Girls-HS Boys            |



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