



**Alex JH/HS Invitational
Monday April 10th, 2017
JH/HS Division**

**Coaches Meeting: 9:00 am
Field Events: 9:30 am
Running Events: 10:00 am**

Track Coaches On Behalf of the Alex Public School System, we would like to invite you to the Inaugural Alex JH/HS Invitational on Thursday March 30th, 2017 Starting at 9:30 am.

- Entry Fees:** \$75 Per Division
\$15 per Individual (if less than 4)
Make Checks Payable to: Alex Public Schools
- Awards:** Medals to the top 3 in each event.
- Contestants:** Each school may enter 3 contestants per event and 1 relay.
Athletes may enter 4 events
- 4 Divisions:** JH Girls, JH Boys, HS Girls, HS Boys
- Track:** New 8 lane all weather surface.
SHORT SPIKES ONLY!
- Timed Finals:** All Events
- Parking:** All Buses will park in the baseball parking lot south of the track.
- Facilities:** Concession Provided. Hospitality for Coaches Provided. No Dressing Rooms
- Entries:** **ON-LINE ENTRIES: * * * * Schools that attend this meet must submit their entries on the new "ENDURO"**
website: www.endurousa.com. If you are using the new website for the first time, you must setup an account and *UPGRADE* your account to "Coach of Record (school meets)". After you upgrade your account, you will find the rosters you added to your account by clicking on "My Roster List" in the left navigation panel.
DEADLINE: the day before the meet @5:00pm. - - - Complete both steps on the "Entries Window".
(*"Roster Only" meet*) * * * * **NO LATE ENTRIES** * * * * Schools who have not entered on-line will not be added at the meet. * * * * **If you have any questions about your ENDURO USA account, please email your questions to:**
kevin@runenduro.com or message him through your ENDURO USA account.

PLEASE RSVP!

Send Checks to: Alex Public Schools
PO Box 188 Alex, OK 73002
email: mbrand@alex.k12.ok.us or cell: (405)664-2106



Schedule of Events

9:00 AM

Coaches Meeting

9:30 AM

Field Events

High Jump	JH Girls, JH Boys, HS Girls, HS Boys
Long Jump	HS Girls, HS Boys, JH Girls, JH Boys
Shot Put	JH Boys, JH Girls, HS Boys, HS Girls
Discus	HS Boys, HS Girls, JH Boys, JH Girls
Pole Vault	JH Boys, JH Girls, HS Boys, HS Girls

10:00 AM

Running Events

Order: JH Girls, JH Boys, HS Girls, HS Boys

400 Meter Relay	
3200 Meter Relay	
100 Meter Hurdles	JH Girls, HS Girls
110 Meter Hurdles	JH Boys, HS Boys
3200 Meter Run	
800 Meter Relay	
800 Meter Run	
100 Meter Dash	
400 Meter Run	
300 Meter Hurdles	
200 Meter Dash	
1600 Meter Run	
1600 Meter Relay	

NO TEAM CAMPS ON THE TRACK INFIELD

OSSAA RULES APPLY