

Ardmore Middle School

Invitational Track Meet

THURSDAY, APRIL 20th

Coaches Meeting 9:00 am Field Events 9:30 am Running 9:45 am

DIVISIONS: We will have 4 divisions. 7th Girls, 7th Boys, 8th Girls, 8th Boys

ENTRY PROCESS: Schools planning to attend this meet must submit their entries on endurosua.com by completing steps 1-2 for "Roster Entries" meets. The entry deadline for this meet is Tuesday April 18th, 2017 by 5pm. This is a ROSTER ENTRIES ONLY meet. Log into your account at endurousa.com 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.

GENERAL:

- *4 event limit per contestant, and 3 athletes per event
- *Participants must wear ¼" spikes or less
- *No tape on track
- *Contestants will get lane assignments at the heating benches
- *NO TEAM TROPHIES OR POINTS WILL BE KEPT
- *Medals will be awarded to the top 3 places on relays, and 1st-5th for Indv. races.
- *Shot, Disc, and LJ will get 3 attempts. NO FINALS
- *\$75 for each boys and girls team. \$10 per individual if 5 or less team members.

Make Checks payable to Ardmore Track Att: Brenda McHatton

PO Box 1709 Ardmore, OK 73402

NO FOOD, SUNFLOWER SEEDS, GUM OR DRINKS ALLOWED ON THE FOOTBALL TURF

(PLEASE MAKE SURE THAT ALL OF YOU ATHLETES ARE AWARE OF THIS. IF IT BECOMES A PROBLEM AT THE MEET WE WILL NO LONGER ALLOW THE WARM UP AREA TO BE ON THE FIELD)

OSSAA RULES APPLY

Please contact us with any questions:

Brenda McHatton-Head Girls Coach

580-795-4716

mchatton@ardmoreschools.org

Allen Coley-MS Athletic Coord.

1-405-574-6742

lcoley@ardmoreschools.org

Please email Brenda McHatton asap if you plan on attending our meet.

Ardmore High School Invitational

Thursday, April 20th
SCHEDULE OF EVENTS

9:00 Coaches Meeting (Field House)

9:30 Field Events

9:45 Running Events

Field Events 9:30

High Jump (8B-7B-8G-7G)

Long Jump (8G-7G-8B-7B)

Discus (7G-8G-7B-8B)

Shot (8B-7B-7G-8G)

Pole Vault (7B-8B-7G-8G)

Running Events 9:45 (7G-8G-7B-8B)

4x100 Relay Girls-Boys

4x800 Relay Girls-Boys

100 Hurdles Girls

110 Hurdles Boys

4x200 Relay Girls-Boys

800 M. Run Girls-Boys

100 M. Dash Girls-Boys

3200 M. Run 7G/7B together - 8G/8B together

400 M. Dash Girls-Boys

300 M. Hurdles Girls

300 M. Hurdles Boys

200 M. Dash Girls-Boys

1600 M. Run Girls-Boys

4x400 Relay Girls-Boys