

# Ardmore High School

Invitational Track Meet

**FRIDAY, APRIL 21ST**

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

DIVISIONS:     We will have Varsity Girls & Varsity Boys divisions.

ENTRY PROCESS: Schools planning to attend this meet must submit their entries on [endurosua.com](http://endurosua.com) by completing Steps 1-5 for "Seeded Entries" meets. The entry deadline for this meet is Wednesday April 19th, 2017 by 5pm. This is a SEEDED ENTRIES meet. Log into your account at [endurousa.com](http://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](mailto:kevin@runenduro.com).

## GENERAL:

- \*4 event limit per contestant, and 3 athletes per event
- \*Team scoring will be 10-8-6-4-2-1 for individual, relays are doubled
- \*Participants must wear ¼" spikes or less
- \*No tape on track
- \*Contestants will get lane assignments at the heating benches
- \*Trophies will be awarded to top 2 teams
- \*Medals will be awarded to the top 3 places
- \*Shot, Disc, and LJ will get 3 attempts in the prelims, and top 8 will get 3 more in The finals.
- \*\$90 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

Corey Russell-Head Boys Coach

580-795-4716

1-918-814-8947

[mchatton@ardmoreschools.org](mailto:mchatton@ardmoreschools.org)

[crussell@ardmoreschools.org](mailto:crussell@ardmoreschools.org)

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

Ardmore High School Invitational  
Friday, April 21, 2017  
SCHEDULE OF EVENTS

9:00 Coaches Meeting (Field House)

9:30 Field Events

9:45 Running Events

Field Events 9:30

High Jump	Girls-Boys
Long Jump	Boys-Girls
Discus	Girls-Boys
Shot	Boys-Girls
Pole Vault	Boys-Girls

Running Events 9:45

4x100 Relay	Girls-Boys
4x800 Relay	Girls-Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (36)
3200 M. Run	Girls-Boys
4x200 Relay	Girls-Boys
800 M. Run	Girls-Boys
100 M. Dash	Girls-Boys
400 M. Dash	Girls-Boys
300 M. Hurdles	Girls (30)
300 M. Hurdles	Boys (36)
200 M. Dash	Girls-Boys
1600 M. Run	Girls-Boys
4x400 Relay	Girls-Boys