

# CARL ALBERT INVITATIONAL

## APRIL 7<sup>TH</sup> 2017

You are invited to attend the Carl Albert Invitational track meet on Friday April 7<sup>th</sup>. **Entries will be limited to 15 teams** so make contact as soon as possible to get your spot confirmed. Contact Brandon Johnson at [bjohnson@mid-del.net](mailto:bjohnson@mid-del.net) to receive your "Invitation Code".

This will be a **Seeded Entries Meet**. Schools must submit their entries on-line at [www.endurousa.com](http://www.endurousa.com) by completing the necessary steps on the "Entries Window". The entry deadline is Wednesday April 5<sup>th</sup> at 5:00pm. No late entries accepted. If you do not enter on-line, your school will NOT be added at the meet.

**We're using the new "ENDURO" website - - - [www.endurousa.com](http://www.endurousa.com)** . Schools attending must submit their entries using the new website. If you are using the website for the first time, you must setup an account and UPGRADE your account to "Coach of Record (school meets)". If you have any questions about your ENDURO USA account, please email your questions to: [kevin@runenduro.com](mailto:kevin@runenduro.com)

1. Limited to the first 15 teams.
2. Coaches meeting – 9:30, Field Events – 10:00, Running – 10:30
3. Each team may enter three athletes per event, four events for each athlete. Also each team may have only one relay team in each relay event.
4. Field event contestants will get three preliminary attempts and the top eight contestants will advance to the finals.
5. Buses need to park in the parking lot on the west side of the football field.
6. Entry fee: \$200 for each school (\$100 boys / \$100 girls) No refunds.

***Make checks payable to: Carl Albert Track***

***Send to: Carl Albert Track  
2009 S. Post Road  
Midwest City, OK 73110***



**CARL ALBERT INVITATIONAL**  
**TRACK MEET**



FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls  
 Boys

Discus: Boys  
 Girls

Pole Vault: Girls  
 Boys

Long Jump: Girls  
 Boys

High Jump: Boys  
 Girls

RUNNING EVENTS BEGIN AT 10:30 A.M.

400 Meter Relay.....Girls/Boys  
**3200 Meter Relay.....Boys/Girls**  
 100 Meter Hurdles (33").....Girls  
 110 Meter Hurdles (39").....Boys  
 3200 Meter Run.....Boys  
 800 Meter Relay.....Girls/Boys  
 800 Meter Run.....Girls/Boys  
 100 Meter Dash.....Girls/Boys  
 3200 Meter Run.....Girls  
 400 Meter Dash.....Girls/Boys  
 300 Meter Hurdles (30").....Girls  
 300 Meter Hurdles (36").....Boys  
 200 Meter Dash.....Girls/Boys  
 1600 Meter Run.....Girls/Boys  
 1600 Meter Relay.....Girls/Boys



# TITAN TRACK



Carl Albert High School  
2009 South Post Road  
Midwest City, Oklahoma 73130  
405-739-1648 Ext. 3021

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## CARL ALBERT INVITATIONAL INVOICE

SCHOOL \_\_\_\_\_

ACTIVITY \_\_\_\_\_ CA Track Meet \_\_\_\_\_

ACTIVITY DATE \_\_\_\_\_ 4/7/2017 \_\_\_\_\_

***ENTRY FEE: Varsity: \$100 per team (\$200 for both boys & girls)***  
***B-Team: \$50 per team (\$100 for both boys & girls)***

AMOUNT DUE \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO:

CARL ALBERT TRACK  
2009 S. POST ROAD  
MWC, OK 73130