



# TRACK & FIELD SHOWCASE

EDMOND NORTH HIGH SCHOOL, MARCH 23, 2017

On behalf of Edmond Public Schools, we would like to extend an invitation to participate in the 2017 Edmond North Track & Field Showcase. Space is limited. Please email the meet director to confirm your team's spot.

#### Attention Coaches

Please follow the following steps to enter the meet:

1. Contact the meet director to confirm your teams' spot in the meet ([stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net))
2. Enter all athletes using [enduroussa.com](http://enduroussa.com). Unlimited entries.
3. List 9th Graders in the Freshman Division. List everyone else in the Open Division.
4. Submit seed times/ marks of your top athletes in each event by email to [stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net) for entry into the Showcase Division. Seed marks can be from the current season or any previous season, but please make all efforts to be accurate. The Showcase Division will include:
  - Top 8 seeds for sprint and hurdle events
  - Top 9 seeds for field events
  - Top 10 seeds for non-laned running events

**Athletes may compete in both the Showcase and Open Division.** The Showcase Division will be seeded. The Open and Freshman Divisions will be Roster Only.

5. Entry Deadline for both seed submissions for the Showcase Division and roster entries on [enduroussa.com](http://enduroussa.com) is **Wednesday, March 22 at 5:00pm**. The Entry list for the Showcase Division will be released that night.

**Meet Director:** Stephen Evans, [stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net)

**Start Time:** 3:00 Coaches Meeting. See page 2 for Order of Events.

**Entries:** Each team is allowed unlimited entries. Important: follow the steps outlined above.

**Rules:** We will follow all OSSAA and National Federation rules. Each participant is limited to four events.

**Divisions:** Six Divisions: Freshman Girls / Boys, Open Girls / Boys, and Girls / Boys Showcase

**Awards:** Medals will be awarded to the top three finishers in every event for each division, with the exception of relay events in the Open Division. No team trophies will be awarded this year.

**Food:** Coaches will have access to a hospitality room. Concessions will be open for athletes.

**Entry Fee:** \$100 entry fee for varsity divisions per gender (\$200 for both genders, Open and Showcase Divisions). \$80 for freshman teams per gender. \$20 per entry for teams of five or fewer.

Mail payment to: **Edmond Public Schools**  
Attn: Karen Young  
1001 West Danforth  
Edmond, OK 73003  
(405) 340-2800



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## Order of Events

### Field Events

Participants in the Freshman and Open Divisions will receive four attempts in the Shot Put, Discus, and Long Jump. Pits and throwing areas will remain open for the time allotted. Athletes in the Showcase Division will receive three attempts in Prelims and three in Finals. Track events take precedence, but athletes competing in multiple events must pay attention and be diligent about returning to their field events as soon as possible. Times are approximate. Please listen for 1st, 2nd, and 3rd calls.

**Starting Heights:** 9th/Open Girls HJ: 4'3" 9th/Open Boys HJ: 5'3" 9th/Open Girls PV: 6'9" 9th/Open Boys PV: 8'3"  
Showcase Opening Heights TBA

**Qualifying Marks:** 9th Girls LJ: 12'6" Open Girls LJ: 13'0" 9th Boys LJ: 16'6" Open Boys LJ: 17'6"  
9th Girls SP: 20'0" Open Girls SP: 25'0" 9th Boys SP: 35'0" Open Boys SP: 40'0"  
9th Girls DT: 60'0" Open Girls DT: 60'0" 9th Boys DT: 80'0" Open Boys DT: 80'0"

	Shot Put	Discus Throw (West Ring)	Discus Throw (North Ring)	Long Jump (East Runway)	Long Jump (West Runway)	High Jump	Pole Vault
<b>3:30</b>	Girls Showcase	Boys Showcase	Boys 9th	Boys Showcase	Boys 9th	Boys Showcase	Girls Showcase
<b>4:30</b>	Girls 9th & Open		Boys Open		Boys Open	Girls Showcase	Boys Showcase
<b>5:30</b>	Boys Showcase	Girls Showcase	Girls 9th	Girls Showcase	Girls 9th	Boys 9th & Open	Girls 9th & Open
<b>6:30</b>	Boys 9th & Open		Girls Open		Girls Open	Girls 9th & Open	Boys 9th & Open

### Track Events

We will be on a rolling schedule. All running events are timed finals. Athletes must listen for 1st, 2nd, and 3rd calls. Athletes must check in by 3rd call for their event. We will be using a FAT system.

**3:30** 4x100m Relay (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)  
4x800m Relay (9th & Open Girls, 9th & Open Boys, Girls Showcase, Boys Showcase)  
100m Hurdles (9th Girls, Open Girls, Girls Showcase)  
110m Hurdles (9th Boys, Open Boys, Boys Showcase)  
3200m Run (9th & Open Boys, Boys Showcase)  
4x200m Relay (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)  
800m Run (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)  
100m Dash (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)  
3200m Run (9th & Open Girls, Girls Showcase)  
400m Dash (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)  
300m Hurdles (9th Girls, Open Girls, Girls Showcase, 9th Boys, Open Boys, Boys Showcase)  
200m Dash (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)  
1600m Run (9th & Open Girls, 9th & Open Boys, Girls Showcase, Boys Showcase)  
4x400m Relay (9th Girls, Open Girls, 9th Boys, Open Boys, Girls Showcase, Boys Showcase)