



Trojan Invitational Track Meet Friday March 10th (Coaches Meeting – 3:30 PM)

On behalf of the Jenks Public Schools, we invite your girls and boys teams to participate in our high school invitational track meet. Meet information is included below. If you have any questions, please feel free to contact our Head Boys Coach.

Clif Mitchell: clifmitchell60@outlook.com
405-473-5540

THE TROJAN INVITATIONAL IS OPEN TO 10 TEAMS ONLY (1 TEAM = ALL “TEAMS” FROM THE SAME SCHOOL: GIRLS, BOYS, A, B). PLEASE NOTIFY COACH MITCHELL AS SOON AS POSSIBLE IF YOU ARE PLANNING TO ATTEND. THE MEET WILL BE CLOSED ONCE 10 TEAMS HAVE CONTACTED US.

Please refer to the map below for the drop-off zone and bus parking. Please make this map available to your team’s supporters, so they are aware of parking locations relative to the track.



The coaches meeting will take place at 3:30 PM in the weight room of the track building. Competition will begin at 3:45 PM. All running events will be timed finals. There will be preliminaries and finals in the Shot, and Discus with the top eight marks making it to the finals.

We will have a straight final (4 jumps) in the Long Jump.

There will be minimum marks/opening heights in place. They are listed below

ENTRY FEE: \$100.00 for each boys team and \$100.00 for each girls team. If you bring B teams, it will cost \$50.00 per additional team. \$12.00 per individual if less than four (4) members on a team (applicable to B teams as well). **NO REFUNDS. Make checks payable to JENKS ATHLETICS.**

Jenks Athletic Department
Attn: Donna Nelson
205 E. "B" Street
Jenks, OK 74037

ATTENTION COACHES:

Schools planning on attending this meet must submit their entries to TRACK ROSTER by completing steps 1-5. Entry deadline will be 3-9. Log into your track roster account www.runendurousa.com

DIVISIONS: There will be 2 divisions → GIRLS and BOYS.

MEDALS / TEAM TROPHIES: Medals will be awarded to 1st-5th places in all events. No team awards. **EQUIPMENT:** Jenks will furnish all starting blocks to contestants. ¼" or shorter spikes are required.

OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION RULES APPLY

3:45 PM – RUNNING EVENTS (Rolling Schedule)

400m relay	Girls	Boys
3200m Relay	Girls	Boys
100m Hurdles	Girls (33")	
110m Hurdles		Boys (39")
100m	Girls	Boys
3200m		Boys
800m Relay	Girls	Boys
3200m	Girls	
800m	Girls	Boys
400m	Girls	Boys
300m Hurdles	Girls (30")	
300m Hurdles		Boys (36")
200m	Girls	Boys
1600m	Girls	Boys
1600m Relay	Girls	Boys

3:45 PM – FIELD EVENTS

			Minimum Mark/opening height
High Jump	Boys	Girls	5'8"/4'06"
Long Jump	Girls	Boys	15'/19'
Shot	Boys	Girls	42'/30'
Discus	Girls	Boys	95'/115'
Pole Vault	Boys	Girls	11ft/ 8ft