

# Ada High School Dorsey Reirdon Relays

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**Saturday March 31<sup>st</sup> 2018**

On behalf of the Ada Public Schools system we would like to invite you and your team to the 2018 Dorsey Reirdon Relays on Saturday, March 31<sup>st</sup>. The meet will be held at the High School facility. There will be one division for varsity boys and one for varsity girls. **This will be a Class 5A and below meet as established by the OSSAA track classifications.**

If you plan to attend, please email or call Coach Mart Leming at [lemingm@adapss.com](mailto:lemingm@adapss.com) , 580-310-7220 or Coach Drake Daniels at [danielsd@adapss.com](mailto:danielsd@adapss.com), 580-310-7220

**ENTRY PROCESS:** Schools planning to attend this meet must submit their entries on [endurousa.com](http://endurousa.com). This is a **ROSTER ENTRIES ONLY** meet. Log into your account at [endurousa.com](http://endurousa.com). and complete steps 1-2 for "Roster Entries" meets. **The entry deadline for this meet is Friday March 30<sup>th</sup>, 2018 by 5:00 pm. \*\* NO LATE ENTRIES\*\*** Schools that do not enter 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).

Cost is \$90.00 per team, \$ 170 both boys and girls, \$15.00 per individual if 4 or less team members. Make checks payable to Ada City Schools, **Attention TRACK**, P.O. Box 1359, Ada, Ok 74821

**Coaches Meeting – 9:15 a.m.      Field Events – 10:00 a.m.      Running Events – 10:45 a.m.**

**Awards:** Top 5 places medal. Team points will be kept by Enduro, but no team Awards. Results will be posted on Enduro and ohstrack .

**Medals** can be picked up at the press box following the 1600 meter relay

**Participation:** 3 contestants per event and 1 relay team per school.

**Field Events:** LJ, Shot and Disc - 3 attempts and top 8 qualify for the Finals (3 more attempts)

**Participants must  $\frac{1}{4}$  inch Spikes or less**

**Facilities:** Concession and restrooms Available

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## **Order of Events – Timed Finals**

400 meter relay – girls – boys

3200 meter relay – girls – boys

100 meter hurdles – girls

110 meter hurdles – boys

3200 meter run – girls – boys

800 meter relay – girls - boys

## **Proposed Lunch Break (30 minute)**

800 meter run – girls – boys

100 meter dash – girls – boys

400 meter dash – girls – boys

300 meter hurdles – girls – boys

200 meter dash – girls – boys

1600 meter run – girls – boys

1600 meter relay – girls – boys

## **Field Events**

Shot – Girls – Boys

Disc – Boys – Girls

HJ – Girls – Boys

LJ – Boys – Girls

PV – Girls – Boys