



Alex HS Invitational
Thursday March 29th, 2018
JH Division

Coaches Meeting: 9:00 am

Field Events: 9:30 am

Running Events: 10:00 am

Track Coaches: On Behalf of the Alex Public School System, we would like to invite you to the Annual Alex JH Invitational on Thursday March 29th, 2018 Starting at 9:30 am.

- Entry Fees:** \$75 Per Division
\$15 per Individual (if less than 4)
Make Checks Payable to: Alex Public Schools
- Awards:** Medals to the top 3 in each event.
- Contestants:** Each school may enter 3 contestants per event and 1 relay.
Athletes may enter 4 events
- 4 Divisions:** JH Girls, JH Boys
- Track:** New 8 lane all weather surface.
SHORT SPIKES ONLY!
- Timed Finals:** All Events
- Parking:** All Buses will park in the baseball parking lot south of the track.
- Facilities:** Concession Provided. Hospitality for Coaches Provided. No Dressing Rooms
- Entries:**

ON-LINE ENTRIES: ** Schools that attend this meet must submit their entries on the new "ENDURO" website:**
www.endurousa.com. If you are using the new website for the first time, you must setup an account and UPGRADE your account to "Coach of Record (school meets)". After you upgrade your account, you will find the rosters you added to your account by clicking on "My Roster List" in the left navigation panel.

DEADLINE: the day before the meet @5:00pm. - - - Complete both steps on the "Entries Window". ("Roster Only" meet)

***** 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**
or message him through your ENDURO USA account.

PLEASE RSVP!

Send Checks to: Alex Public Schools
PO Box 188 Alex, OK 73002
email: mbrand@alex.k12.ok.us or cell: (405)664-2106



Schedule of Events

9:00 AM

Coaches Meeting

9:30 AM

Field Events

3 Throws, 3 Jumps

High Jump

JH Girls, JH Boys

Long Jump

JH Boys, JH Girls

Shot Put

JH Boys, JH Girls

Discus

JH Girls, JH Boys

Pole Vault

JH Girls, JH Boys

10:00 AM

Running Events

Order: JH Girls, JH Boys

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles

JH Girls

110 Meter Hurdles

JH Boys

3200 Meter Run

800 Meter Relay

800 Meter Run

100 Meter Dash

400 Meter Run

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay

NO TEAM CAMPS ON THE TRACK INFIELD

OSSAA RULES APPLY