



**Alex HS Invitational  
Thursday April 5th, 2018  
HS 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 HS Invitational on Thursday April 5th, 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:** HS Girls, HS 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**

High Jump

Long Jump

Shot Put

Discus

Pole Vault

**3 Throws, 3 Jumps Top 7 to Finals**

HS Girls 4', HS Boys 5'2

HS Boys 16', HS Girls 13',

HS Boys 30', HS Girls 25'

HS Girls 70', HS Boys 90'

HS Girls, HS Boys

**10:00 AM**

**Running Events**

**Order:** HS Girls, HS Boys

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles

HS Girls

110 Meter Hurdles

HS 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**