

Please email Allen Coley at lcoley@ardmoreschools.org if you plan on attending our meet.

Ardmore Middle School

Invitational Track Meet

THURSDAY, APRIL 19th

Coaches Meeting 9:00 am **Field Events** 9:30 am **Running** 9:45 am

DIVISIONS: We will have 4 divisions. 7th Girls, 7th Boys, 8th Girls, 8th Boys

ONLINE ENTRY PROCESS: Schools planning to attend this meet must submit their entries on the ENDURO USA website (www.endurousa.com). This is a "**Roster Entries**" meet. Remember to select a division for all attending athletes on the "Entries Window". (Your student is NOT entered unless his/her division has been selected.) The entry deadline is Tuesday April 17th by 5:00pm. **NO LATE ENTRIES * ***
* Schools who have not entered online will NOT be added at the meet. (No exceptions.) If you have any questions about your ENDURO USA account email Kevin McWatters at: kevin@runenduro.com

NEW: please be sure to visit the "**Meet Preview**" window for our meet on the ENDURO USA website BEFORE departing for our meet in case there are any last minute changes. We will post any last minute information concerning the meet on that window.

GENERAL:

- *4 event limit per contestant, and 3 athletes per event
- *Participants must wear 1/4" spikes or less
- *No tape on track
- *Contestants will get lane assignments at the heating benches
- *Team award for top team in each division.
- *Medals will be awarded to the top 3 places
- *Shot, Disc, and LJ will get 3 attempts. NO FINALS
- *\$75 for each boys and girls team. \$10 per individual if 5 or less team members.

**Make Checks payable to Ardmore Track Att: Brenda McHatton
PO Box 1709 Ardmore, OK 73402**

OSSAA RULES APPLY

Please contact us with any questions:

Allen Coley-MS Athletic Coord.
1-405-574-6742
lcoley@ardmoreschools.org

Brenda McChatton-HS Girls Coach
1-580-795-4716
mchatton@ardmoreschools.org

Ardmore Middle School Invitational
Thursday, April 19th
SCHEDULE OF EVENTS

The track will be open from 8-9:15 for all warm ups. Warm ups after 9:15 will be on the East side of the track and practice football field. No one will be allowed on the turf.

9:00 Coaches Meeting (Field House)
9:30 Field Events
9:45 Running Events

Field Events 9:30

| | |
|------------|---------------|
| High Jump | (8B-7B-8G-7G) |
| Long Jump | (8G-7G-8B-7B) |
| Discus | (7G-8G-7B-8B) |
| Shot | (8B-7B-7G-8G) |
| Pole Vault | (7B-8B-7G-8G) |

Running Events 9:45 (7G-8G-7B-8B)

| | |
|----------------|--|
| 4x100 Relay | Girls-Boys |
| 4x800 Relay | Girls-Boys |
| 100 Hurdles | Girls |
| 110 Hurdles | Boys |
| 4x200 Relay | Girls-Boys |
| 800 M. Run | Girls-Boys |
| 100 M. Dash | Girls-Boys |
| 3200 M. Run | 7G/7B together - 8G/8B together |
| 400 M. Dash | Girls-Boys |
| 300 M. Hurdles | Girls |
| 300 M. Hurdles | Boys |
| 200 M. Dash | Girls-Boys |
| 1600 M. Run | Girls-Boys |
| Big Man Relay | 2 Girls/2 Boys (May enter 1 Team per School) |
| 4x400 Relay | Girls-Boys |