

Ardmore High School

Invitational Track Meet

FRIDAY, APRIL 20th

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

DIVISIONS: We will have Varsity Girls & Varsity Boys divisions.

ONLINE ENTRY PROCESS: Schools planning to attend this meet must submit their entries on the ENDURO USA website (www.endurousa.com). This is a "**Seeded Entries**" meet. Remember to add seed times and marks for all attending athletes on the "Entries Window". If you enter a seed time or mark that is not honest, the athlete may be seeded with a NT / NM and may lose his/her preferred lane assignment at the sole discretion of meet management. The entry deadline is Wednesday April 18th 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
- *Team scoring will be 10-8-6-4-2-1 for individual, relays are doubled
- *Participants must wear 1/4" spikes or less
- *No tape on track
- *Contestants will get lane assignments at the heating benches
- *Trophies will be awarded to top 2 teams
- *Medals will be awarded to the top 3 places
- *Shot, Disc, and LJ will get 3 attempts in the prelims, and top 8 will get 3 more in the finals.
- *\$90 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:

Brenda McHatton-Head Girls Coach
580-795-4716 (cell)
580-226-7680 ext. 2116
mchatton@ardmoreschools.org

Mark Linney-Head Boys Coach
580-504-0504
580-226-7680 ext. 2312
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Friday, April 20, 2017
SCHEDULE OF EVENTS

Field Events 9:30

Shot Put Girls-Boys

Discus Boys-Girls

Long Jump Girls-Boys

High Jump Boys-Girls

Pole Vault Girls-Boys

Running Events 9:45

4x100 Relay Girls Boys

4x800 Relay Girls Boys

100 Hurdles Girls (33)

110 Hurdles Boys (36)

3200 M. Run Girls Boys

4x200 Relay Girls Boys

800 M. Run Girls Boys

100 M. Dash Girls Boys

400 M. Dash Girls Boys

300 M. Hurdles Girls (30)

300 M. Hurdles Boys (36)

200 M. Dash Girls Boys

1600 M. Run Girls Boys

Big Man Relay (2 girls/2boys)

4x400 Relay Girls Boys