



## Midwest City Junior Varsity Invitational

Tuesday April 10<sup>th</sup>, 2018

You are Invited to attend the Midwest City Invitational Track meet on Tuesday April 10<sup>th</sup> 2018.

Entries will be limited to 12 Teams so make Contact as soon as possible to get your spot confirmed. Contact Tim Thomas at [tthomas@mid-del.net](mailto:tthomas@mid-del.net) to receive your "Invitational Code".

**Date:** Tuesday, April 10<sup>th</sup>, 2018

**Time:** 9:30 Am Coaches Meeting  
10:00 Am Field Events  
10:30 Am Running Events

**Entry fee:** \$200 for each Schools (\$100 Boys / \$ 100 Girls) No Refunds.

Send Entry Fee to:  
Midwest City High School  
Attention: Maggie Prather  
213 Elm Street  
Midwest City, OK 73110

- General:**
- 4 event limit per contestant.
  - Each school may enter only 4 individuals per event.
  - No Team scoring.
  - Contestants will be heated up on field.
  - Awards may be picked on the Football Field following 1600-meter relay.
  - No Team Trophies.
  - Medals will be awarded to the top 3 places.
  - Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals. \$10.00 per individual if 5 or less team members. (Coaches This is a Junior Varsity meet only)

**Place:** Rose Field, 701 East Lockheed Ave., Midwest City, OK 73130

**Contact:** ( In case of bad weather prior to Track meet Call Tim Thomas @ 405-219-0458 or Check Endurouosa website [www.edurouosa.com](http://www.edurouosa.com))

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries on [endurouosa](http://www.edurouosa.com) by completing Steps 1 – 5 for "Seeded Entries" meets. The entry deadline for this meet is April 9<sup>th</sup>, 2018 at 5:00 pm. This is a Seeded Entries meet. Log into your [endurouosa](http://www.edurouosa.com) at [www.edurouosa.com](http://www.edurouosa.com). (Coaches there will be a Hospitality Room) Breakfast and Lunch



## Midwest City Junior Varsity

### Invitational Track and Field Meet

9:30 am Coaches Meeting (On Football Field)  
10:00 am Field Events  
10:30 am Running events and timed finals

#### **Field Events** - 10:00 am

High Jump	Girls – Boys
Long Jump	Boys – Girls
Discus	Girls – Boys
Shot	Boys – Girls
Pole Vault	Boys – Girls

#### **Running Events** – 10:30 am

4 x 100 Relay	Girls – Boys
4 x 800 Relay	Girls – Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Girls – Boys
4 x 200 Relay	Girls – Boys
800 Dash	Girls – Boys
100 Dash	Girls – Boys
400 Dash	Girls – Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (30)
200 Dash	Girls – Boys
1600 Run	Girls – Boys
4 x 400 Relay	Girls – Boys