

# Stillwater High School

## Pioneer Relays

**Date:** Friday, April 6<sup>th</sup>, 2018

**Time:** All teams report to HS Track by 3:00pm for coaches meeting. Field events will start at 3:30pm and running events will start at 4:00pm

**Divisions:** There will be 2 divisions: HS Boys / HS Girls

**Entry Fee:** \$90.00 for EACH division. HS Girls \$90, HS Boys \$90. Please bring check with you, or let me know that "The check is in the mail".

**Coaches:** There will be preliminaries and finals in the L J, Shot and Discus.

We will take 8 to the finals.

**Awards:** Medals to the first three places. Trophies to the top two teams

**Heating:** All athletes will need to heat in at the heating benches before their race (South end of the FB field).

**Limitations:** Short (1/4) spikes. You may only have 3 athletes per event, 1 athlete may enter only 4 events. You can run a "B" team, but please clearly distinguish between the two on the "Entries Window" in your ENDURO USA acct.

**Team Points:** 10-8-6-4-2-1. 20-16-12-8-4-2 (Relays)

**Dinner:** We will feed all coaches dinner, but we will not be taking a break.

**Contacts:** Stillwater High School—1224 N. Husband—Stillwater, Ok. 74075

Coach Rusty Atkins Cell (405) 714-0442

School Phone: (405) 533-6450 Fax: (405) 533-6464

**ON-LINE ENTRIES: \* \* \* \* We're using the new "ENDURO" website - - -**

**www.enduroussa.com \* \* \* \***

*Schools that attend this meet must submit their entries on the new "ENDURO" website: **www.enduroussa.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)".*

**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](mailto:kevin@runenduro.com)

## Order of Events 2018

### 3:30 Field Events

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

### 4:00 Running Events

#### **ALL FINALS**

400m relay	Girls / Boys
3200m relay	Girls / Boys
100m dash	Girls / Boys
100m hurdles	Girls
110m hurdles	Boys
3200m run	Boys
800m relay	Girls
800m relay	Boys
3200m run	Girls
800m run	Girls / Boys
400m dash	Girls / Boys
300m hurdles	Girls (30") / Boys (36")
200m dash	Girls / Boys
1600m run	Girls / Boys
1600m relay	Girls / Boys