

Ada High School Dorsey Reirdon Relays

Saturday March 30th 2019

On behalf of the Ada Public Schools system we would like to invite you to the 2019 Dorsey Reirdon track meet on Saturday, March 30th. The meet will be held at our High School facility. There will be one division for varsity boys and one for varsity girls.

If you plan to attend, please email or call Coach Mart Leming at lemingm@adapss.com , 580-310-7220 or Coach Drake Daniels at danielsd@adapss.com, 580-310-7220

ENTRY PROCESS: Schools planning to attend this meet must submit their entries on endurousa.com by completing steps 1-5 for "Roster Entries" meets. **The entry deadline for this meet is Friday March 29th, 2019 by 12:00 pm. NO LATE ENTRIES...**Schools which 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.

Cost is \$90.00 per team or \$ 170 for both boys and girls, Individual fee is \$15.00 per athlete, if 4 or fewer team members. Make checks payable to Ada City Schools, **Attention TRACK**, P.O. Box 1359, Ada, Ok 74821

Coaches Meeting – 9:15 a.m.

Field Events – 10:00 a.m.

Running Events – 10:45 a.m.

Awards: Medals through top 3 placers for individual events and relays, Team points will be kept by Enduro, but no team Awards. Results will be posted on Enduro and ohstrack

Medals can be picked up at the press box following the 1600 meter relay

Participation: 3 contestants per event and 1 relay team per school.

Coaches please have your athletes in $\frac{1}{4}$ inch spikes or shorter

Facilities: Concession and restrooms Available

Ada High School Dorsey Reirdon Relays

Order of Events – Timed Finals

400 meter relay – girls – boys

3200 meter relay – girls – boys

100 meter hurdles – girls

110 meter hurdles – boys

3200 meter run – girls – boys

800 meter relay – girls - boys

Proposed Lunch Break (30 minute)

800 meter run – girls – boys

100 meter dash – girls – boys

400 meter dash – girls – boys

300 meter hurdles – girls – boys

200 meter dash – girls – boys

1600 meter run – girls – boys

1600 meter relay – girls – boys

Field Events

Shot – Girls – Boys 3 throws in prelims and 3 in finals (top 8 to finals)

Disc – Boys – Girls 3 throws in prelims and 3 in finals (top 8 to finals)

HJ – Girls – Boys

LJ – Boys – Girls 3 jumps in prelims and 3 in finals (top 8 to finals)

PV – Girls – Boys