Alex JH/HS Invitational

Thursday April 4th, 2018

JH/HS Division

Coaches Meeting: 9:00 am

Field Events: 9:30 am

Running Events: 10:00 am

Track Coaches: On Behalf of the Alex Public School System, we would like to invite you to the Annual Alex JH/HS Invitational on Thursday April 4th, 2018 Starting at 9:30 am.

Entry Fees: $75 Per Division
$15 per Individual (if less than 4)
Make Checks Payable to: Alex Public Schools

Awards: Medals to the top 3 in each event.

Contestants: Each school may enter 3 contestants per event and 1 relay.
Athletes may enter 4 events

4 Divisions: JH Girls, JH Boys, HS Girls, HS Boys

Track: New 8 lane all weather surface.
SHORT SPIKES ONLY!

Timed Finals: All Events

Parking: All Buses will park on the East side of the Football Field.

Facilities: Concession Provided. Hospitality for Coaches Provided. No Dressing Rooms

Entries: **ON-LINE ENTRIES: * * * * Schools that attend this meet must submit their entries on the new "ENDURO" website:**
www.endurousa.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)". After you upgrade your account, you will find the rosters you added to your account by clicking on "My Roster List" in the left navigation panel.*

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**
or message him through your ENDURO USA account.

PLEASE RSVP!

Send Checks to: Alex Public Schools
PO Box 188 Alex, OK 73002
email: mbrand@alex.k12.ok.us or cell: (405)664-2106

		Schedule of Events				
9:00 AM		**Coaches Meeting**				
9:30 AM		**Field Events**		**3 Throws, 3 Jumps No Finals**		
		High Jump		JH Girls 3'6, JH Boys 4'2, HS Girls 4', HS Boys 5'2		
		Long Jump		HS Girls 13', HS Boys 16', JH Girls 10', JH Boys 13'		
		Shot Put		JH Boys 25', JH Girls 20', HS Boys 30', HS Girls 25'		
		Discus		HS Boys 90', HS Girls 70', JH Boys 70', JH Girls 50'		
		Pole Vault		JH Boys, JH Girls, HS Boys, HS Girls		
10:00 AM		**Running Events**				
		Order:	JH Girls, JH Boys, HS Girls, HS Boys			
		400 Meter Relay				
		3200 Meter Relay				
		100 Meter Hurdles		JH Girls, HS Girls		
		110 Meter Hurdles		JH Boys, HS Boys		
		3200 Meter Run				
		800 Meter Relay				
		800 Meter Run				
		100 Meter Dash				
		400 Meter Run				
		300 Meter Hurdles				
		200 Meter Dash				
		1600 Meter Run				
		1600 Meter Relay				
		NO TEAM CAMPS ON THE TRACK INFIELD				
		OSSAA RULES APPLY				