

Ardmore High School

Invitational Track Meet-April 19, 2019

Regional Meet Format

Please confirm by email Brenda McHatton to mchatton@ardmoreschools.org

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

ATTENTION COACHES: On-line Entry DEADLINE for our meet is April 18th @ 6pm (Thursday). (((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the Steps on the “ENTRIES Window”. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com - - - Please log into your ENDURO USA™ account at: www.endurousa.com

- - - NEW - - -

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet in the “Student Meets and Events LIST” (on the right side of the window) after you log into your account.

Coaches Meeting: 8:30 a.m. in the weight room at the field house.

Field Events: 9:30 a.m. - - - Running Events: 9:45 a.m. Divisions: High School Boys and Girls

Awards: Medals for first three (3) places in each individual event, and first three (3) places in relay events. Top team in each division will receive a plaque.

Field Events: Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts

Heating: Heating will be done at the heating benches located at the east end of the field.

Concession/Admission: The concession stand and food truck will be open. Admission will be charged for spectators. Restrooms are available.

Parking: Bus parking will be on the East side of the stadium. (We are not in school)

Team Camps: No team camps/tents inside the fence surrounding the track, please.

Entry Fee: \$90 per Division, or \$170 for both teams, \$15 individual (less than 5 athletes)

**Make Checks payable to Ardmore High School Track
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
m.linney@ardmoreschools.org

Friday, April 19, 2018
Order of Events

Field Events 9:30

9:30- Girls High Jump
Boys Long Jump
Boys Shot Put
Girls Discus
Boys Pole Vault
11:00- Boys High Jump
Girls Long Jump
Girls Shot Put
Boys Discus
Girls Pole Vault

PRELIMINARIES-9:45 am

400 M. Relay-Girls/Boys
3200 M. Relay-Girls/Boys (Final)
100 M. Hurdles-33" Girls
110 M. Hurdles-39" Boys
100 M. Dash-Girls/Boys
3200 M. Run-Boys (Final)
800 M. Relay-Girls/Boys (Final)
3200 M. Run-Girls (Final)
200 M. Dash-Girls/Boys
<Proposed 45 Minute Break>

FINALS- 2:30 pm

400 M. Relay- Girls/Boys
800 M. Run-Girls/Boys
100 M. Hurdles-Girls
110 M. Hurdles-Boys
100 M. Dash-Girls/Boys
400 M. Dash-Girls/Boys
300 M. Low Hurdles- Girls/Boys
200 M. Dash-Girls/Boys
1600 M. Run-Girls/Boys
1600 M. Relay-Girls/Boys

*A throwers relay will be held during the break. Each team must have at least ONE (1) girl.