

# BETHANY HIGH SCHOOL 58<sup>th</sup> ANNUAL INVITATIONAL TRACK MEET 2019

Bethany High School extends an invitation for your school to participate in our 58<sup>th</sup> annual High School Boys and Girls Invitational Track and Field Meet. This event will be held on Saturday, March 30, 2019, starting at 9:30 a.m. The following will give you the information you need concerning this meet. The track is located at the Bethany Public Schools Athletic Complex just west of NW 50<sup>th</sup> Street and Council Road in Northwest Oklahoma City.

## **\*\*This Meet is open to Any School in Class 5A or Below\*\***

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ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a "division" for each student being entered. (This is a "Roster Entries" meet.) The online ENTRY DEADLINE is the day before the meet @ 5:00pm. Log into your account at: [www.endurousa.com](http://www.endurousa.com) NO LATE ENTRIES \*\*\* Schools who have not entered on-line will not be added at the meet. \*\*\* If you have questions about your ENDURO USA account, please message Kevin through your ENDURO USA account, or email him at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

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**Entry Fee:** \$90.00 (each boys team) and \$90.00 (each girls team) (\$180.00 total) and \$25.00 per individual (up to 4). Make checks payable to Bethany Public Schools.  
"B" Teams for \$75.00 per division (B Teams may not medal)  
Bring Checks or Send to: Bethany Public Schools  
Attn. Adam Forester  
6721 NW 42<sup>nd</sup> Street  
Bethany, OK, 73008

**Divisions:** High School Boys, High School Girls

**Timing:** We will be using a fully automatic timing system.

**Trophies:** Trophies will be awarded to 1st & 2nd place teams in both girls and boys divisions and plaques will be awarded to the winning coach in each division.

**Medals:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> place in all individual events and to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in all relay events.

**Entrants:** Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one team in each relay.

**Time Schedule:**  
9:00 AM Coaches Meeting  
9:30 AM Field Events  
10:30 AM Running Events (Timed Finals)

**Events:** Three (3) throws or jumps and then qualify eight (8) to finals shot put, discus, and long jump.

**Team Points:** Points will be awarded to the top 8 (10-8-6-5-4-3-2-1) with Relays doubled (20-16-12-10-8-6-4-2).

**Lunch:** Lunch will be provided for coaches.

**Equipment:** Our track is an all weather track. Please use spikes no longer than 1/4". Starting blocks will be provided.

**Entries:** Please let us know if you would like to attend this meet. Send an email to Adam Forester at [aforester@bethanyschools.com](mailto:aforester@bethanyschools.com).

### **For questions or in case of possible inclement weather please contact the meet directors:**

Adam Forester, Head Boys Track Coach  
[aforester@bethanyschools.com](mailto:aforester@bethanyschools.com)  
405-664-6022 (Cell)

Teresa Johnson, Head Girls Track Coach  
[tjohnston@bethanyschools.com](mailto:tjohnston@bethanyschools.com)  
405-249-5668 (Cell)

Jon Arthur, Athletic Director  
[jarthur@bethanyschools.com](mailto:jarthur@bethanyschools.com)  
405-664-6183 (Cell) 405-499-4608 (Office)

# 58<sup>th</sup> ANNUAL BETHANY HIGH SCHOOL INVITATIONAL

## Schedule of Events

9:00 Coaches Meeting (Locker Room behind the Stadium)

### Field Events

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

*We will qualify the top eight (8) in all field events to the finals and we will run all races as final heats against time.*

### Timed Finals

10:30	400 Meter Relay	Girls	Boys
	3200 Meter Relay	Girls	Boys
	100 Meter Hurdles	Girls (33")	
	110 Meter Hurdles	Boys (39")	
	3200 Meter Run	Boys	
	800 Meter Relay	Girls	Boys
	800 Meter Run	Girls	Boys
	<b>***Lunch Break - Field Events will Continue***</b>		
	100 Meter Dash	Girls	Boys
	3200 Meter Run	Girls	
	400 Meter Dash	Girls	Boys
	300 Meter Hurdles	Girls (30")	Boys (36")
	200 Meter Dash	Girls	Boys
	Field Event Relay	(4 x 100, Throwers or 200+ lb athletes only, Must have 1 Girl)	
	1600 Meter Run	Girls	Boys
	1600 Meter Relay	Girls	Boys
	(Top four (4) team points in last heat, plus next two best seed times)		

\*\*Pick up medals from the pressbox at the conclusion of the 1600 Meter Relay.

## Bethany High School Track Meet Records

Field Events	<b>Bethany HS Invitational Records 1950-Present</b>	<b>Bethany Track Facility Records All Meets held at Track Complex 1982-Present</b>
Shot Put	G: Jacye Grimm, Ponca City, 40'6" (2013) B: Wes Simms, Weatherford, 56'8" (1999)	G: Ashley Bryant, Newcastle, 42'10" (2012) B: Wes Simms, Weatherford, 56'8" (1999)
Discus	G: Bre Davis, Piedmont, 131'7" (2014) B: Wes Simms, Weatherford, 178'2" (1999)	G: Mariah Garcia, Mustang, 149'5" (2012) B: Wes Simms, Weatherford, 178'2" (1999)
Long Jump	G: Schuyler Wood, Putnam City, 18'9.5" (2013) B: Dalton Stout, Bethany, 22'4.25" (2014)	G: Schuyler Wood, Putnam City, 18'9.5" (2013) B: Dalton Stout, Bethany, 22'4.25" (2014)
High Jump	G: 7 Tied, 5'4" (1984-2017) B: Denmark (Casady), Elliston (BM), 6'8" ('80, '99)	G: 9 Tied, 5'4" (1984-2014) B: 3 Tied, 6'8" (1980-2012)
Pole Vault	G: Jerni Self, Cache, 11'0" (2015) B: Wilkenson, Stroud, 15'6" (1996)	G: Erin Shaughnessy, Shawnee, 11'1" (2011) B: Wilkenson, Stroud, 15'6" (1996)
Running Events	<b>Meet Records</b>	<b>Track Records</b>
100 Meter Dash	G: Kaley Knox, Bethany, 12.57 (2015) B: Delans Griffin, Clinton, 10.74 (2010)	G: Audrianna Morgan, Centennial, 12.17 (2012) B: Delans Griffin, Clinton, 10;74 (2010)
200 Meter Dash	G: Yoshika Thomas, Lawton Mac, 25.89 (2013) B: Delans Griffin, Clinton, 21.94 (2010)	G: Audrianna Morgan, Centennial, 25.42 (2012) B: Delans Griffin, Clinton, 21.94 (2010)
400 Meter Dash	G: Kaley Knox, Bethany, 59.52 (2014) B: McGuinness, Fairview, 49.34 (1967)	G: Kaley Knox, Bethany, 59.52 (2014) B: Jywayne Allen, Ardmore, 49.04 (2012)
800 Meter Run	G: Levan, Casady, 2:21.24 (1991) B: Antonio Humphrey, Douglass, 1:56.89 (2013)	G: Levan, Casady, 2:21.24 (1991) B: Antonio Humphrey, Douglass, 1:56.89 (2013)
1600 Meter Run	G: Ferguson, Bishop McGuinness, 5:28.94 (2008) B: Zach Porterfield, Stillwater, 4:31.23 (2014)	G: Emily Helms, Mustang, 5:26.48 (2012) B: Zach Porterfield, Stillwater, 4:31.23 (2014)
3200 Meter Run	G: Martin, Casady, 11:57.24 (2008) B: Doyle, Watonga, 10:02.14 (2007)	G: Emily Helms, Mustang, 11:36.53 (2012) B: Doyle, Watonga, 10:02.14 (2007)
100/110 Meter Hurdles	G: Courtney Nelson, PC North, 15.30 (2014) B: West, Chandler, 14.74 (1972)	G: Courtney Nelson, PC North, 15.30 (2014) B: West, Chandler, 14.74 (1972)
300 Meter Hurdles	G: Courtney Nelson, PC North, 45.83 (2013) B: Russell, Jones, 40.24 (1995)	G: Courtney Nelson, PC North, 45.83 (2013) B: Russell, Jones, 39.44 (1984)
400 Meter Relay	G: Guthrie, 50.26 (2013) B: Millwood, 42.74 (2007)	G: Guthrie, 50.26 (2013) B: Millwood, 42.74 (2007)
800 Meter Relay	G: Millwood, 1:45.74 (1995) B: Guthrie, 1:29.80 (2014)	G: Millwood, 1:45.74 (1995) B: Guthrie, 1:29.80 (2014)
1600 Meter Relay	G: Bishop McGuinness, 4:11.24 (2008) B: Enid, 3:25.15 (2013)	G: Shawnee, 4:09.55 (2012) B: Enid, 3:25.15 (2013)
3200 Meter Relay	G: Casady, 10:04.24 (2008) B: Chisholm, 8:13.47 (2015)	G: Shawnee, 9:57.22 (2012) B: Chisholm, 8:13.47 (2015)