

CHISHOLM HIGH SCHOOL
BOYS and GIRLS
INVITATIONAL TRACK and FIELD MEET
APRIL 12, 2019

Chisholm High School will be hosting their High School Boys and Girls Invitational Track and Field Meet on Friday, April 12, 2019. We have a seven (7) lane urethane synthetic surface track along with an electronic timing system. We are having two (2) divisions: 4A and down Girls and Boys. This should be a great meet.

We will follow OSSAA regulations and the following will apply:

- There will be two (2) divisions (4A-Below) girls, boys.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event and one (1) team per relay event.
- Points will be scored 10-8-6-4-2-1 and will double for relays.
- Five (5) medals will be awarded in each event. Plaques will be awarded to the first place teams in the boys and girls divisions.
- An entry fee of \$90.00 per division or \$180.00 for both boys and girls teams will be charged. \$20.00 per individual, up to 4.
- Make checks to Chisholm Public Schools. No refunds
- This is a Rosters ONLY meet.
- **On-line Entry Deadline: Wednesday, April 10th @ 5pm.** * * * * We are using the ENDURO website - - - www.endurousa.com * * * * Schools that attend this meet must submit their entries on the ENDURO website: www.endurousa.com. If you are using the website for the first time, you must setup an account and UPGRADE your account to Coach of Record (school meets). - 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
- ¼" or less pyramid spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for the preliminaries and placed according to times in the finals. Seven (7) athletes will qualify for the finals.
- Athletes will not be allowed on the field unless they are warming up or competing at the time. Camp outside the fence.
- Coaches will meet at **1:00 pm**. Field events will begin at **1:30 pm**. Preliminaries will begin at **2:00 pm**. We will take a thirty (30) minute break after the 200 meter dash before starting the finals.
- A concession stand will be open.
- Admission will be: Adults-\$5.00 and Students-\$3.00
- If you have any questions, please contact:
Joey Reinart (School) (580) 237-5512 x 443, Cell (405) 880-4921
E-mail jreinart@chisholm.k12.ok.us
Jim Coleman Cell (580) 791-1309
E-mail jcoleman@chisholm.k12.ok.us
Mike Karnes (School) (580) 237-5512 x 404, Cell (918) 533-4003
E-mail mkarnes@chisholm.k12.ok.us

Results will be posted at www.ohstrack.com

**Boys & Girls
Longhorn Invitational
April 12, 2019**

Order of Events:

Field Events: 1:30 p.m.

Contestants will have three (3) attempts to qualify for the finals. The top seven (7) will advance to the Finals and be awarded an additional three (3) attempts in the long jump, shot put, and discus throw. Please understand if we have a large number of shot & discus throwers, qualifying lines will be used in both events.

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

Preliminaries: 2:00 p.m.

(7 to finals)

400 relay-----Girls, Boys
3200 relay Final-----Girls, Boys
100 hurdles-----Girls
110 hurdles-----Boys
100 dash-----Girls, Boys
3200 run Final-----Boys
800 relay Final-----Girls, Boys
3200 run Final-----Girls
200 dash-----Girls, Boys

Finals (30 minute break; about 5:30 p.m.)

400 relay-----Girls, Boys
800 run-----Girls, Boys
100 hurdles-----Girls
110 hurdles-----Boys
100 dash-----Girls, Boys
400 dash-----Girls, Boys
300 hurdles-----Girls, Boys
200 dash-----Girls, Boys
1600 run-----Girls, Boys
1600 relay-----Girls, Boys