



# MIDDLE SCHOOL INVITATIONAL

EDMOND NORTH HIGH SCHOOL, APRIL 2, 2019

*On behalf of Edmond Public Schools, we would like to extend an invitation to participate in Edmond North's Middle School Invitational. Space is limited. Please email the meet director to confirm your team's spot.*

#### Attention Coaches

All teams must contact the meet director ([stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net) or [cara.bowerman@edmondschools.net](mailto:cara.bowerman@edmondschools.net)) to secure their spot. Space is limited. Athletes must be entered into [enduroussa.com](http://enduroussa.com) by the deadline to obtain a competition number. This is a Rosters Only Meet.

Entry deadline is **Monday, April 1 at 5:00 PM.**

**Meet Directors:** Stephen Evans, [stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net)  
Cara Bowerman, [cara.bowerman@edmondschools.net](mailto:cara.bowerman@edmondschools.net)

**Start Time:** 3:15 Coaches Meeting. 3:30 Start. See page 2 for Order of Events.

**Entries:** Three individual entries per event and one relay per team. Additional entries if paying for a "B Team."

**Rules:** We will follow all OSSAA and National Federation rules. Each participant is limited to four events.

**Scoring:** 10-8-6-5-4-3-2-1. Relays will score double.

**Divisions:** 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys (6<sup>th</sup> grade may participate as part of 7<sup>th</sup> grade team)

**Awards:** Medals will be awarded to the top three finishers in each division in all events. Plaques will be awarded to the winning team in each division.

**Food:** Coaches will have access to a hospitality room. Concessions will be open for athletes and spectators.

**Entry Fee:** \$65 entry fee per division (\$260 for all divisions). "B Teams" cost additional \$30 per division.  
\$20 per entry for teams of three or fewer.

Mail payment to:

**Edmond Public Schools  
Attn: Karen Young  
1001 West Danforth  
Edmond, OK 73003  
(405) 340-2800**



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## Order of Events

### TRACK EVENTS

*We will be on a rolling schedule. All running events are timed finals using a FAT system. Athletes must listen for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> calls and report by the 3<sup>rd</sup> call of their events. Seeding will be done at check-in.*

<b>3:30</b> 4x100m Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
4x800m Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
100m Hurdles (30")	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls,
110m Hurdles (30", 33")	7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
4x200m Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
800m Run	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
100m Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
400m Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
300m Hurdles (30")	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
200m Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
1600m Run	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
4x400m Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys

### FIELD EVENTS

*Participants will receive four attempts in the Shot Put, Discus, and Long Jump. Athletes must listen for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> calls and report by the 3<sup>rd</sup> call of their events. Track events take precedence, so athletes competing in multiple events must inform the event judge when leaving for an event and be diligent about returning. Pits and throwing areas will not be held open for athletes following the conclusion of their division's competition.*

<b>3:30</b> High Jump	8 <sup>th</sup> Boys, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Girls
Long Jump	8 <sup>th</sup> Girls, 7 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
Discus Throw	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
Shot Put	7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys, 7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls
Pole Vault	7 <sup>th</sup> /8 <sup>th</sup> Boys, 7 <sup>th</sup> /8 <sup>th</sup> Girls