



Midwest City Junior Varsity Invitational

Tuesday April 2nd, 2018

You are invited to attend the Midwest City Invitational Track meet on Tuesday April 10th 2019.

Entries will be limited to 12 Teams so make Contact as soon as possible to get your spot confirmed. Contact Tim Thomas at tthomas@mid-del.net to receive your "Invitational Code".

Date: Tuesday, April 2nd, 2019

Time: 9:30 Am Coaches Meeting
10:00 Am Field Events
10:30 Am Running Events

Entry fee: \$160 for each Schools (\$80 Boys / \$80 Girls) No Refunds.

Send Entry Fee to:
Midwest City High School
Attention: Maggie Prather
213 Elm Street
Midwest City, OK 73110

- General:**
- 4 event limit per contestant.
 - Each school may enter only 4 individuals per event.
 - No Team scoring.
 - Contestants will be heated up on field.
 - Awards may be picked on the Football Field following 1600-meter relay.
 - No Team Trophies.
 - Medals will be awarded to the top 3 places.
 - Shot, disc, and the long jump will get 3 attempts in the prelims

The top 8 will get 3 more attempts in the finals. \$10.00 per individual if 5 or less team members.

(Coaches This is a Junior Varsity meet only)

Place: Rose Field, 701 East Lockheed Ave., Midwest City, OK 73130

Contact: (In case of bad weather prior to Track meet Call Tim Thomas @ 405-219-0458 or Check Endurouosa website www.edurouosa.com

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on endurouosa by completing Steps 1 – 5 for "Seeded Entries" meets. The entry deadline for this



meet is April 1st, 2019 at 5:00 pm. This is a Seeded Entries meet. Log into your endurance at www.enduroussa.com. (Coaches there will be a Hospitality Room) Breakfast and Lunch

Midwest City Junior Varsity

Invitational Track and Field Meet

9:30 am Coaches Meeting (On Football Field)
10:00 am Field Events
10:30 am Running events and timed finals

Field Events - 10:00 am

High Jump	Girls – Boys
Long Jump	Boys – Girls
Discus	Girls – Boys
Shot	Boys – Girls
Pole Vault	Boys – Girls

Running Events – 10:30 am

4 x 100 Relay	Girls – Boys
4 x 800 Relay	Girls – Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Girls – Boys
4 x 200 Relay	Girls – Boys
800 Dash	Girls – Boys
100 Dash	Girls – Boys
400 Dash	Girls – Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (30)
200 Dash	Girls – Boys
1600 Run	Girls – Boys
4 x 400 Relay	Girls – Boys



Teams should be dropped off on the East side of the track at the parking lot off of E Lockheed Dr.

Bus parking will be in the parking area between the field house and administration building. Below is the suggested route to prevent traffic congestion between the two sites.

Transportation for bus drivers will be provided between the two sites.

