

Norman Junior High Track & Field Classic

Norman High School ó Norman, OK

Saturday, March 30, 2019

On behalf of the Norman Public Schools, we would like to extend an invitation to participate in our boys and girls track meet. The meet will be held on Saturday, March 30, 2019.

IMPORTANT: you must e-mail to verify that you are coming and there is still room.

This is a "Roster ENTRIES" meet. Please read all the information below carefully.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on www.endurousa.com **by completing the necessary steps on the "Entry Window"**.

This is a "Roster Entries" meet. - Seed times/marks are NOT required on the Entry Window.

The entry deadline is **Thursday, March 28 by 7:00pm.**

****** NO LATE ENTRIES ***** Schools will not be added at the meet. ******

If you need assistance with your ENDURO USA account contact

Kevin McWatters at: kevin@runenduro.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.

9:30 Coaches meeting (in hospitality room)

10:15 Field events begin

10:30 Running events begin

General:

- There will be 2 divisions, boys and girls
- Limitations: 4 event limit per contestant; each school may enter 3 individuals per event
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
- Participants must wear ¼" or less spikes.
- Contestants will need to check-in at the heating benches
- Awards may be picked up at the press box following 1600-meter relay
- Trophies will be awarded to the top two teams
- Medals will be awarded to the top 3 places
- Shot/Disc/Long Jump will get 3 attempts in prelims; top 8 will get 3 more attempts in the finals
- \$90.00 for each boys and girls team. \$10 per individual if 5 or less team members

Entry Fee: \$60.00 per team. Make checks to: Alcott Middle School

Mail payment to: Alcott Middle School

Attn: Lynda Kutt

1919 W. Boyd Street

Norman, Okla. 73069

(405) 366-5845

Norman Junior High Track and Field Classic

Saturday, March 30, 2019

SCHEDULE OF EVENTS

9:30 Coaches Meeting (in hospitality room)

10:15 Field Events

10:30 Running Events (timed finals)

Field Events 10:15

High Jump Girls-Boys

Long Jump Boys-Girls

Discus Girls-Boys

Shot Boys-Girls

Pole Vault Boys-Girls

Running Events 10:30

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 (36)

200 Dash Girls-Boys

1600 Run Girls-Boys

4 x 400 Relay Girls-Boys