



**OKLAHOMA BAPTIST UNIVERSITY
BISON INVITATIONAL
Shawnee, Ok**

- Date:** Tuesday, April 9, 2019
Coach's meeting: 8:00am (Indoor Building-South end of facility)
Events: 9:00am
- Cost:** \$80 per team / \$160 for boys and girls, \$20 for individuals.
- Entry Fee:** **Make check payable to OBU** and mail to: **You can bring check to the meet.*
Ford Mastin
OBU Box 61209
Shawnee, OK 74804
- Attention:** On-Line entries will be closed at **NOON on Monday, April 8, 2019.**
Go to <http://www.aspimeetz.com/28367> for your entries. ** Any scratches in an individual event after this time will disqualify the participant from further competition. Emergency substitutions may be done at the Coaches Meeting for athletes unable to compete. PLEASE make sure you have any potential athlete listed on your roster, regardless if they are competing or not. All entry procedure questions please send Email to paul@blacksquirreltiming.com.
- Coaches Meeting:** **8:00am:** All coaches are to report scratches at the indoor building. Entries need to be as accurate as possible prior to the meeting. **ONLY emergency scratch/substitutions will be allowed, which the Meet Director will determine.**
- Divisions:** Large School - Boys and Girls [5A and 6A combined]
Small School - Boys and Girls [4A, 3A, and 2A, A combined]
- Awards:** Medals to top three individuals and relays in each division.
Team Champion and Team Runner-Up trophy for each division.
- Entries:** Three athletes in all events. You can run more than one relay.
You can enter more than 3 athletes if you pay for a "B" team. (\$15/person not to exceed \$60)
- Concession:** There will be a concession stand available.
- Lunch:** Provided for all coaches.
- Contact:** Ford Mastin - ford.mastin@okbu.edu, (405) 878-2133
Matt Kennedy - matt.kennedy@okbu.edu, (405) 585-5321
Mark Heard - mark.heard@okbu.edu, (405) 585-5322



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Field Events - 9:00AM

- Shot Put:** Large School (Boys) - Small School (Boys) - Large School (Girls) - Small School (Girls)
- Discus:** Small School (Boys) - Large School (Boys) - Small School (Girls) - Large School (Girls)
- Long Jump:** Small School (Boys) - Large School (Boys) - Large School (Girls) - Small School (Girls)
- High Jump:** Small School (Girls) - Large School (Girls) - Small School (Boys) - Large School (Boys)
- Pole Vault:** Large School & Small School (Boys) - Large School & Small School (Girls)
*Points and medals will be awarded separately.

Running Events - 9:00AM

Athletes must follow the order of events as a time schedule. Punctuality is required for heating in each event. Girls (G), Boys (B).

- 400m Relay:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 3200 Relay:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 100m Hurdles:** Small School (G) - Large School (G)
- 110m Hurdles:** Small School (B) - Large School (B)
- 3200 Run:** Small School (B) - Large School (B)
- 800m Relay:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 3200 Run:** Small School (G) - Large School (G)
- 100m Dash:** Small School (G) - Large School (G) *East Side of Track
- 100m Dash:** Small School (B) - Large School (B) *West Side of Track
- 800m Run:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 400m Dash:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 300m Hurdles:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 200m Dash:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 1600m Run:** Small School (G) - Large School (G) - Small School (B) - Large School (B)
- 1600m Relay:** Small School (G) - Large School (G) - Small School (B) - Large School (B)

- Click on the link provided by the meet host
- If you have an account already, simply log in on the right half of the screen. If not, you can sign up for your account on the left side. Be sure to remember the username and password you choose.

- Once you have logged in or created your account, if you coach both the girls and boys team, click on “Both”. If you only coach one gender, click on the appropriate one.
- Confirm that all the info for your account is correct, then click “Save and Continue”
- The first thing you will need to do is add your athletes. To do this, click on “Edit Athlete List” at the top of the screen

- You will enter one gender at a time. Select which you’d like to add first. Simply type each athletes’ first name, last name, and year in school.
- Once you have added everyone, click Save, go back to “Edit Athlete List”, select the other gender, and add those athletes
- Once your entire roster has been added, click “Edit Entries” at the top of the page. Chose the gender you wish to enter first.

Male Entries

NOTE: There is a Save button listed after each event for your convenience, but please note that each Save button WILL save the entire form.

100M Dash Male

Athlete	Entry Mark (e.g. 10.00)
Select Athlete ▾	<input type="text"/>
Select Athlete ▾	<input type="text"/>
Select Athlete ▾	<input type="text"/>

If you need more entries than listed here, please Save and additional entries will be listed.
[Save](#)

110M Hurdles Male

Athlete	Entry Mark (e.g. 14.00)
Select Athlete ▾	<input type="text"/>
Select Athlete ▾	<input type="text"/>
Select Athlete ▾	<input type="text"/>

If you need more entries than listed here, please Save and additional entries will be listed.
[Save](#)

200M Dash Male

Athlete	Entry Mark (e.g. 20.00)
Select Athlete ▾	<input type="text"/>
Select Athlete ▾	<input type="text"/>

- Each event for the meet will be listed with the option to select athletes from three dropdown boxes. If the meet you are entered allows more than three athletes in an event, after you click save you will have the ability to enter additional athletes in that event.
- To enter an athlete in an event, select their name from the dropdown box and type in their entry mark for that event. It is important to follow the format of the example entry mark to make sure the entry marks are accepted. If no entry mark is entered or the wrong format is used (for example 10.30 for the 3200m instead of 10:30) the mark will be automatically become a “no mark” for that entry.
- When entering relays, type your team’s entry time and then select the four athletes you plan to run on that relay
- Clicking any of the save buttons on the page will save your entries.
- After completing your entries for one gender, don’t forget to do the other as well
- You can double check your entries by clicking on “My Entry List” at the top of the screen
- Once you have entered everyone, click the declare button at the bottom of the page

Female Entries

High Jump Female
No Entries

Shot Put Female
No Entries

Discus Female
No Entries

4X100M Relay Female
No Entries

4X400M Relay Female
No Entries

4X800M Relay Female
No Entries

[Save w/o Declaring](#)

Declarations must be received by: Monday, November 05, 2018 12:00 AM

[Declare List](#) Do not press the "Declare List" button until you are certain your list is complete and accurate. Once you press "Declare List" you will no longer be able to change your entries and the meet director will assume your list is complete.