OKLAHOMA HS INVITATIONAL 2019

Mosier Indoor Facility - University of Oklahoma – Norman, OK

Friday, January 25, 2019 & February 8, 2019

SITE:

Mosier Indoor Track and Field Stadium at the University of Oklahoma just east of the Gaylord Family Oklahoma Memorial Stadium

TIMES:

Competition will begin at **9:30 am**

ENTRY PROCEDURE & DEADLINE:

Entry will take place through **OK.MILESPLIT.COM**. Entries will be due at 7:00 pm on Monday, January 21, 2019 (second meet deadline is Monday, February 4, 2019). Due to building and time constraints, we can only accept 600 athletes per meet. Entries will take place on a first-come-first serve basis. Once each meet has reached 600, entries will close. In past years, both meets were filled by Early January.

ENTRY RESTRICTION:

This meet is open to all **High School Athletes (9 -12 Grades).** Meet management reserve the right to bar any athlete, club, team, organization, school, or institution from participating for any reason.

ENTRY FEE:

1. **$ 20.00** per individual
2. All entries will need to be paid at the meet, **prior to competition** or online through PayPal.
3. **School PO's will NOT be accepted**
4. If paying by check on the day of the Meet: Make Checks payable to: **Edmond Memorial Booster Club**
5. Pay online at PayPal – use email granthamtim@yahoo.com or (405) 990-5293 - make sure to note which athlete/team the payment should be applied to.

PACKET PICK-UP:

Packet pick-up will be available in glass foyer at entrance.

SPIKES:

Athletes will not run if you do not comply with this rule. The only spike allowed for the Mosier Facility is the **¼" pyramid spike**. The Omni-Lite ¼" spike is not allowed, as well as, the needle and Christmas tree spike. **This rule will be strictly enforced and all shoes will be checked at heating area prior to getting on track.**

PARTICIPANT/SPECTATOR ENTRY:

- All athletes, coaches, and spectators will enter through the Northwest doors of the Mosier Facility.
- Athletes and coaches may sit on the infield or outside, if weather permitting.
- Please allow spectators to sit on portable bleachers and keep teams in designated areas
- Directly outside of the SE side of the complex, tents are allowed and strongly encouraged.

TIMING:

The meet will be timed using F.A.T

COMPETITION & WARM-UP:

- Athletes may only compete in a maximum of **four** events
- No warming up will be allowed on the track once the competition begins. If weather permitting, athletes may use the John Jacobs track for warming up.
- Running Events: 30 minutes prior to event, report to clerk table, on the Southeast corner of the facility
- Field Events: Athletes will check-in at the event area
- No blocks in events 200M and up

RESULTS:

All results will be posted in the Lobby, as well as, live results at ytiming.net

EMERGENCY MEDICAL SERVICES:

Will be provided onsite

PARKING:

Please see included map for team and spectator parking; buses will need to park at the Lloyd Noble Center and ride the shuttle/catch a ride to the stadium, as it is roughly 1 mile away.

AWARDS:

Awards will be presented to top Three (3) Relays and Top Six (6) Individual placers

SURFACE:

Six-lane, 220-yard track with a Mondo surface

CONCESSION:

Concession stand will be provided

APPAREL:

Event apparel will be available for purchase at both meets for $ 15.00

ADMISSION:

Adults $ 5.00 - Students/Children $ 3.00 - Senior Citizens $ 3.00
****** This is a non OSSAA event and passes will not be accepted ******

DIVISIONS:

One division for boys and girls (All Classes)

For questions contact Tim Grantham, Edmond Memorial HS
Tim.Grantham@edmondschools.net

OKLAHOMA HS INVITATIONAL 2019

Friday, January 25, 2019 & February 8, 2019

Start Time: 9:30 am

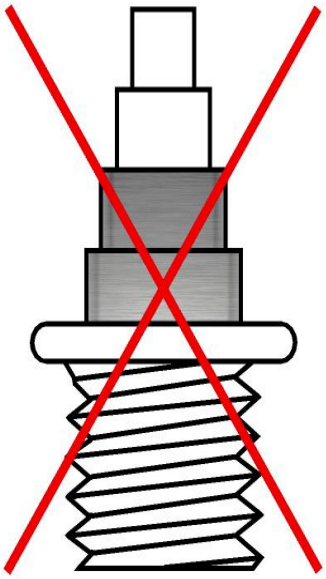
Field Events

9:30 am	Long Jump	Girls
9:30 am	Shot Put	Girls
9:30 am	High Jump	Boys
9:30 am	Pole Vault	Boys
11:30 am	High Jump	Girls
11:30 am	Pole Vault	Girls
11:30 am	Long Jump	Boys
11:30 am	Shot Put	Boys

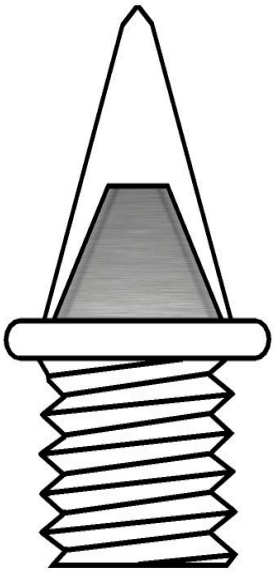
Running Events

9:30 am	4x880 Relay	Girls – Boys
10:40 am	60 M Hurdles - Prelim	Girls – Boys
11:10 am	60 M Dash - Prelim	Girls – Boys
12:20 pm	Mile	Girls – Boys
1:40 pm	400 M	Girls – Boys
2:45 pm	800 M	Girls – Boys
3:40 pm	60 M Hurdles – Final	Girls – Boys
3:45 pm	60 M Dash – Final	Girls – Boys
3:50 pm	200 M	Girls – Boys
4:35 pm	4x440 Relay	Girls – Boys

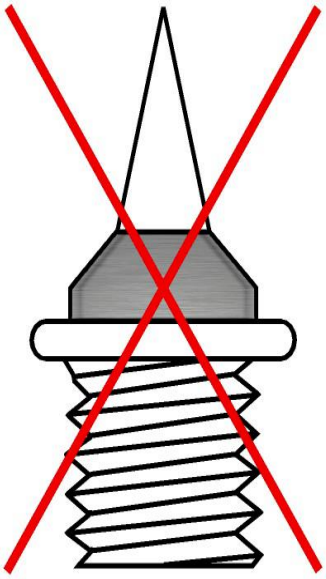
- **All running event athletes must get their hip numbers at the clerks table, located at the SE corner of the facility, at least <u>30 minutes</u> prior to the estimated start time of their race**
- All athletes wearing spiked shoes must get their shoes approved before they are allowed to compete. Inspection will take place at the SE corner of the facility.
- All events will be administered on a rolling schedule. The start times shown are an estimate only



NO
Christmas
Tree Spike
Pins

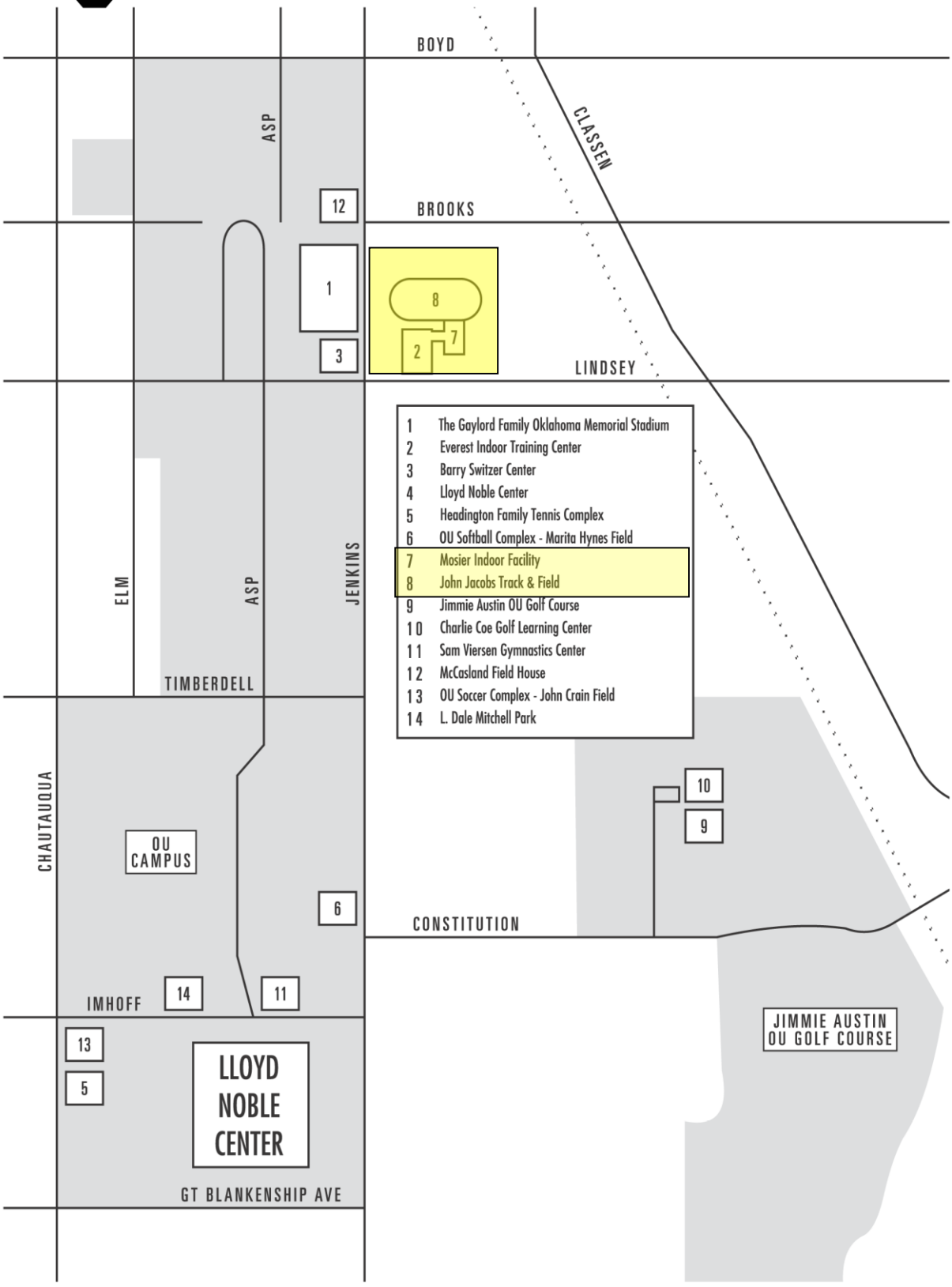


1/4”
Pyramid
“Cone Shape”
Only



NO
Needle
Spike
Pins

UNIVERSITY OF OKLAHOMA ATHLETICS FACILITIES



SOONERSPORTS.COM

SPECTATOR PARKING
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338
Jacobs Track and Field Facility
Mosier Indoor Athletic Facility
Everest Training Center
Cullums Bldg
200 ft
50 m
Imagery ©2012 Google

Instructions to enter a meet using MileSplit's Online Meet Registration System

CLAIMING YOUR TEAM

Step 1: Go to the appropriate state site such as ok.milesplit.com for Oklahoma or tx.milesplit.com for Texas. If you already have a userID and password, skip to Step 3. If you do not, then you must first do Step 2.

Step 2: In the header on the right, it will say "login." You will be able to login or sign up. Create an account.

Step 3: Click on "Teams" in the toolbar and locate your team.

Step 4: Click on your team name and once on that page, look beneath the team title and then click the button that says "Claim this Team."

Step 5: Click either Coach or Team Administrator, **but not both**. Each has the same access to your team roster and online meet registration.

Step 6: Click on the "Yes, I am a coach on this team" at the bottom of that page. You may add your team position in the text box, and any other information you believe we will need to quickly verify you are a coach. **A school email address is also a very good indicator we use**.

Step 7: Wait for a confirmation email from MileSplit saying that you are approved to be a Team Coach or Team Admin. Most requests are approved within several hours. If you have not received the email within 12 hours, please check your junk or spam folders for the email.

If you have questions, please feel free to contact, MileSplit Online Registration support, Gayle Rich at gayle.rich@flosports.tv.

IF YOU HAVE ALREADY REGISTERED BUT FORGOTTEN YOUR PASSWORD

Click on Login. On that page is a link if you have forgotten your password. Click and fill out your username, or email address. If you do not quickly receive it, you may have a typo in the email address you originally entered, or it may be going to your spam mail folder. It is a server generated email and many mailservers read that as spam. If you do not get it, email support@flosports.tv.

When you receive it, click on the link and it will allow you to reset your password. Then login.

EDITING YOUR TEAM ROSTER

Step 1: Make sure you are logged in. Go to your team page by clicking the "Teams" link in the tool bar. (If you do not see the teams link, you are not on a state site. Click More - MileSplit Network and select state. Scroll down and click on your school name. Once on your team page, you will see a button directly under the team title that now says "**Edit Team**." Click it. Club teams - you will have the Edit Team button, then just click roster. See Club addendum at bottom of page.

Step 2: On the left side of the page, click "Roster."

Step 3: Now you will see a screen with both boy and girl athletes associated with your team. Look through the list --- you may find many athletes that should only be on the (Indoor/Outdoor) Track Roster (TF) or only on the Cross Country Roster (XC). If the athlete has already graduated and there is a graduation year, they will not appear on the live roster or in online registration. **If a grad does not have the year, click on athlete name, add it from the drop-down box and save.**

If you see misspellings, click the name and make the correction.

If you see duplicate athletes, please copy the names and email to your state webmaster (email at bottom of each page). We merge them, and by doing this, it ensures that all performances on either profile will not be lost.

If a current athlete does not have a grad year, please add it. (Please note, we do not add college grad years) **All meets require grad years**.

The XC and TF designate the rosters that the athlete will appear on during online registration. Please take a few moments to either "Remove from XC", or "Remove from TF", so that you will have fewer names when doing online registration. If an athlete is on both XC and TF rosters, you don't need to change a thing. You can always add an athlete back on a roster.

And if you need to add new athletes, simple click "Add Athlete" and fill out as much info as you know, but the first name, last name and HS grad year are most important.

Step 4: You are now ready to enter a meet using the MileSplit Online Registration system.

ENTERING A MEET ONLINE
Step 1: Make sure you are logged in. You should have already claimed your team and edited your roster. If not, go back to the beginning before doing this step.
Step 2: Go to your state's page and click in the tool bar on "**Calendar**." Select the current season, and look for the meet you wish to enter. If the meet is open, you will see a green "Online Entry" bar. Click it. Then on the meet page, click the green "Online Entry" bar again. (If the bar is red, the meet is not yet open.)
Step 3: You will see a screen that says Online Registration, with details on the meet. Click "Enter Team." Note: If it is a password-protected meet, you will have to get that information from the meet director. MileSplit personnel are not authorized to release that information to coaches.
Step 4: Fill out the information on the next page, which is the team entry form. Your team name should be selected at the top, but if it is not, click the appropriate radio button. Your name and your email address should already be in the boxes. Enter your daytime number and an evening number. These can be the same, but both are mandatory. If you have another coach you'd like to have access, select Additional Contact, and fill out their information as well. Then select the Divisions you are entering, and click "Enter Team."
Step 5: You will now see the list of events for all your divisions on the left hand side. Click the first event in which you have athletes to enter. Your Athlete Pool will be displayed on the left hand side. Click all the athletes you are entering in that specific event. When each one is selected, they move to the "Currently Entered" column. If you forgot to add an athlete to the roster, you can take a moment before leaving any of the event entry pages to click "Go to Team Page to Edit Roster." This is at the bottom of the page. It will open a new window to your team roster page where you can add an athlete. Then return to the online registration window and continue entering athletes. When all athletes are entered in an event, click "Done Editing." You will be returned to the Event Entries page, where you can continue to enter athletes by event.
Note: when complete, you should Print Confirmation, which is located at the top of the page in yellow box. This will be your proof that you entered your athletes into the meet.
Step 6: If you are entering a Middle School team as well as a High School team, you will need to start from the Team Entry Form page and select that team. JV teams will be displayed with all HS divisions.
Step 7: If you need to edit your entries again before the meet closes, you will go back to the meet page and again click the green "Online Entry" box. It will say "Already Entered." Simply click "View/Edit Entry" and you will be in the event section.

** When one coach has already entered, and it seems as if you cannot enter the opposite gender.
1. Log into the system as you.
2. Go to the meet page and click the green Enter Online bar.
3. The page you get says you're already entered, but click on the blue View/Edit entry link. That will take you to the meet entries page.
4. All of the entries you see on the page are girls (or vice versa) entries, so you need to click on the blue Edit Divisions Entered link on the right. Then click on the blue Enter link for the male division (or vice versa). That will open up the male entries. Then you can proceed to enter athletes into the events

Please note that if you do entries for one gender and another coach at your school does entries for the other gender, it's still easier to always check both divisions (male and female) when you first beginning entering athletes for the meet.

Once on your team page, you will see a link directly under the team title that now says "Team Manager." Click it. If you have questions, please feel free to contact your state webmaster or MileSplit Online Registration support, Gayle Rich at gayle.rich@flocasts.com.

To Enter a Meet as an Individual:
When you click on the green button or bar to enter the meet, it will send you to a register or login in page if you have not logged in. If you do not have a MileSplit or state site username and password, you have to register.

Once you receive that, login (top right corner), go to the meet page, click on the green enter online now button - then enter individual. It will identify you by name and email from your username.

Add your contact phone numbers (for meet director's use only) and click enter individual. If you have not entered a meet using Milesplit before, it will then tell you "you have not claimed an athlete" and ask you to do a search for an athlete, add your name and search - if you do not find yourself, you may enter a new athlete and enter the meet.

If you find yourself - from being in our system as a high school or college student, you must click on your name, go to the profile page, and if it is indeed you, you must claim your page and await admin approval. Then when that arrives (usually the same day), you can enter the meet.

Club Instructions:
You will be able to edit info on the club and add athletes to your roster. As many HS athletes run on both a HS team and Club team, our system makes club coaches search for an athlete in our database prior to adding one. It is likely that they may already be listed from a high school performance and would have to be "borrowed" from their HS team. If not, then you can add the athlete. It is more likely that a MS or elementary student would not be in our system.

Once you've edited your roster, then you'll be set to go into the meet registration and enter your athletes into the meet.