



John Jacobs High School Invitational

April 19, 2019

Tentative Meet Information Packet

NOTE: The meet is open to interested teams as well as individual athletes who have met a qualifying standard.

Please contact Stacy Stanush (stacy.stanush@ou.edu) for meet information.

Events & Schedule

The information listed here is **TENTATIVE**. The number of accepted entries will determine the final list of events, time schedule and number of heats. A tentative time schedule is included. A **FINAL** time schedule will be posted on www.soonersports.com following the close of entries.

Entry Deadline

12:00 PM (CT) Monday, April 15, 2019.

Entry Procedure

All entries are to be done online with Direct Athletics (www.directathletics.com). Team entries will be accepted based on invitation only. Phone, email or faxed entries will not be accepted.

Entry Fee

Team entry fee (14 or more athletes) is \$100 per gender per team or \$20 per individual / relay with 13 or less athletes. **Checks can be made payable to “The University of Oklahoma”.** School name, address, and phone number must be provided for teams not paying at packet pick-up. **There will be no refunds once the meet has begun.**

Entry Limitations

Each school is limited to **THREE** athletes per running event, **TWO** athletes per field event, and **ONE** relay team per event.

Wildcard Entries

Wildcard entries must be received via email to the meet directors (stacy.stanush@ou.edu) by the close of entries on Monday, April 15th, 2019 at 11:59AM (CT). Meet management reserves the right to select which Wildcard entries will be accepted.

Entry Standards for Unattached/Wildcard Athletes	<u>Event</u>	<u>Girls</u>	<u>Boys</u>
	Discus	130'	160'
	Shot Put	40'	55'
	High Jump	5'4"	6'4"
	Pole Vault	11'0"	14'1"
	Long Jump		
	100/110 Hurdles	14.60	14.60
	300 Hurdles	45.60	39.40
	100M Dash	12.50	10.75
	200M Dash	25.20	22.00
	400M Dash	57.00	49.00
	800M	2:30	2:00
	1600M	5:30	4:35
	3200M	11:55	10:00

Accepted Entries

All accepted entries will be posted on our website, soonersports.com, as soon as possible following the close of entries.

Meet Schedule

The schedule given here is tentative and MAY BE REVISED. A final schedule will be posted on our website as soon as possible following the close of entries (www.soonersports.com).

Heat Sheets

Heat sheets will be available online no later than Thursday, April 18th.

Packets

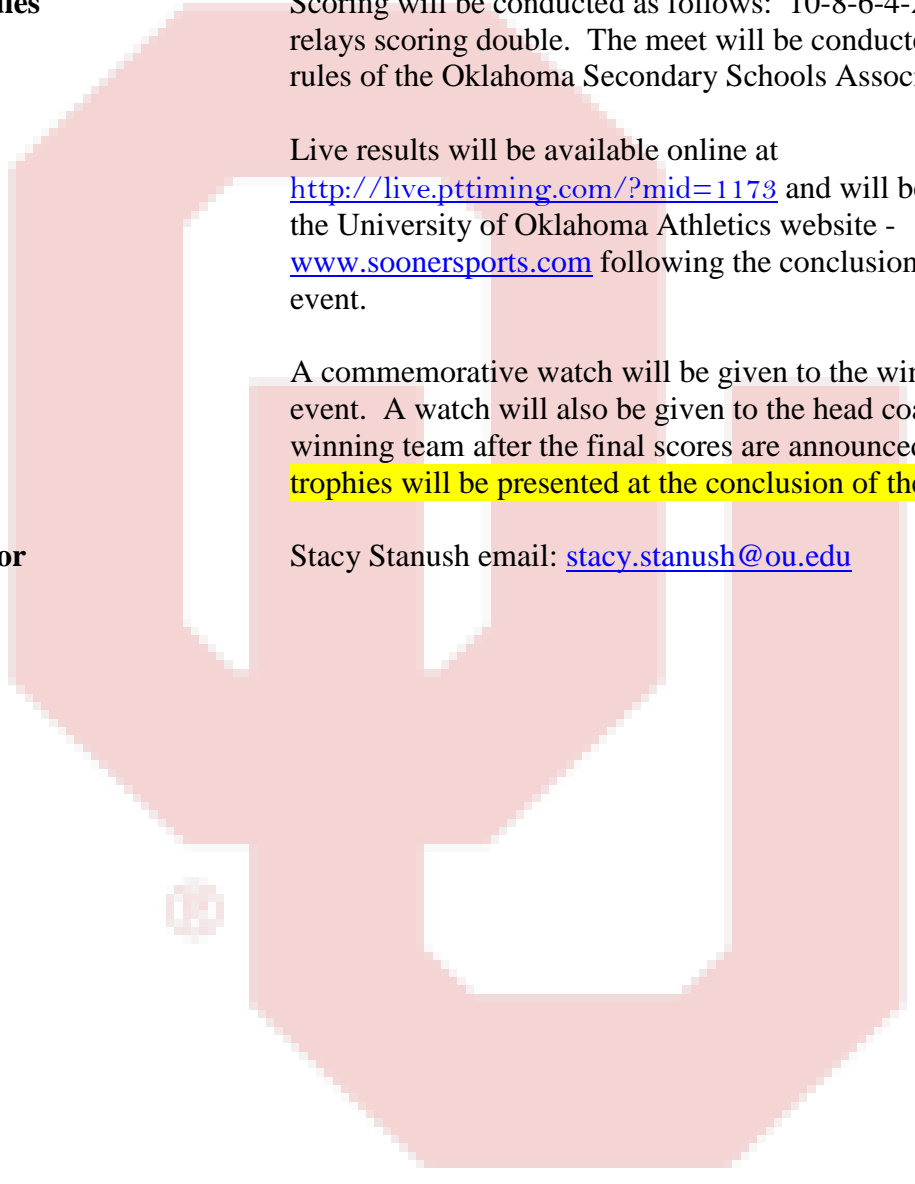
Coaches may pick up packets in the Mosier Center lobby on Friday, April 19th beginning at 9:00 am.

Field Events

Wrist bands will be provided for the athletes competing in the Pole Vault, Long Jump, and High Jump. Only those athletes with wrist bands will be allowed on the infield at their respective event. All other spectators and athletes will be asked to sit in the stands or stay in the team camp area.

Parking

Parking is available in the eastern most portion of the Duck Pond parking lot. Enter the lot from Brooks Street and head to the far east end (the end closest to the Duck Pond). A pedestrian gate on the northeast corner of the John Jacobs Track Facility will be open. Because of classes on the Norman campus, only cars belonging to spectators and competitors parked in the east end of the lot will not be ticketed. Access to Brooks Street is possible from north or southbound Jenkins Avenue (the street that runs on the east side of Oklahoma Memorial Stadium). Buses are asked to drop off and park in areas indicated on the enclosed map.



Implement Weigh-In	Weights and Measures will be located at the throws area. All implements must be weighed-in at least one-hour prior the start of each throwing event.
Spikes	Spikes must not exceed 1/4". High jumpers may use 3/8" spikes. Spikes will be checked as part of the check-in process.
Scoring / Rules	Scoring will be conducted as follows: 10-8-6-4-2-1 with relays scoring double. The meet will be conducted under the rules of the Oklahoma Secondary Schools Association.
Results	Live results will be available online at http://live.pttiming.com/?mid=1173 and will be posted on the University of Oklahoma Athletics website - www.soonersports.com following the conclusion of the event.
Awards	A commemorative watch will be given to the winner of each event. A watch will also be given to the head coach of the winning team after the final scores are announced. Team trophies will be presented at the conclusion of the meet.
Meet Director	Stacy Stanush email: stacy.stanush@ou.edu

TENTATIVE SCHEDULE: JOHN JACOBS HIGH SCHOOL INVITATIONAL
FRIDAY, APRIL 19, 2019

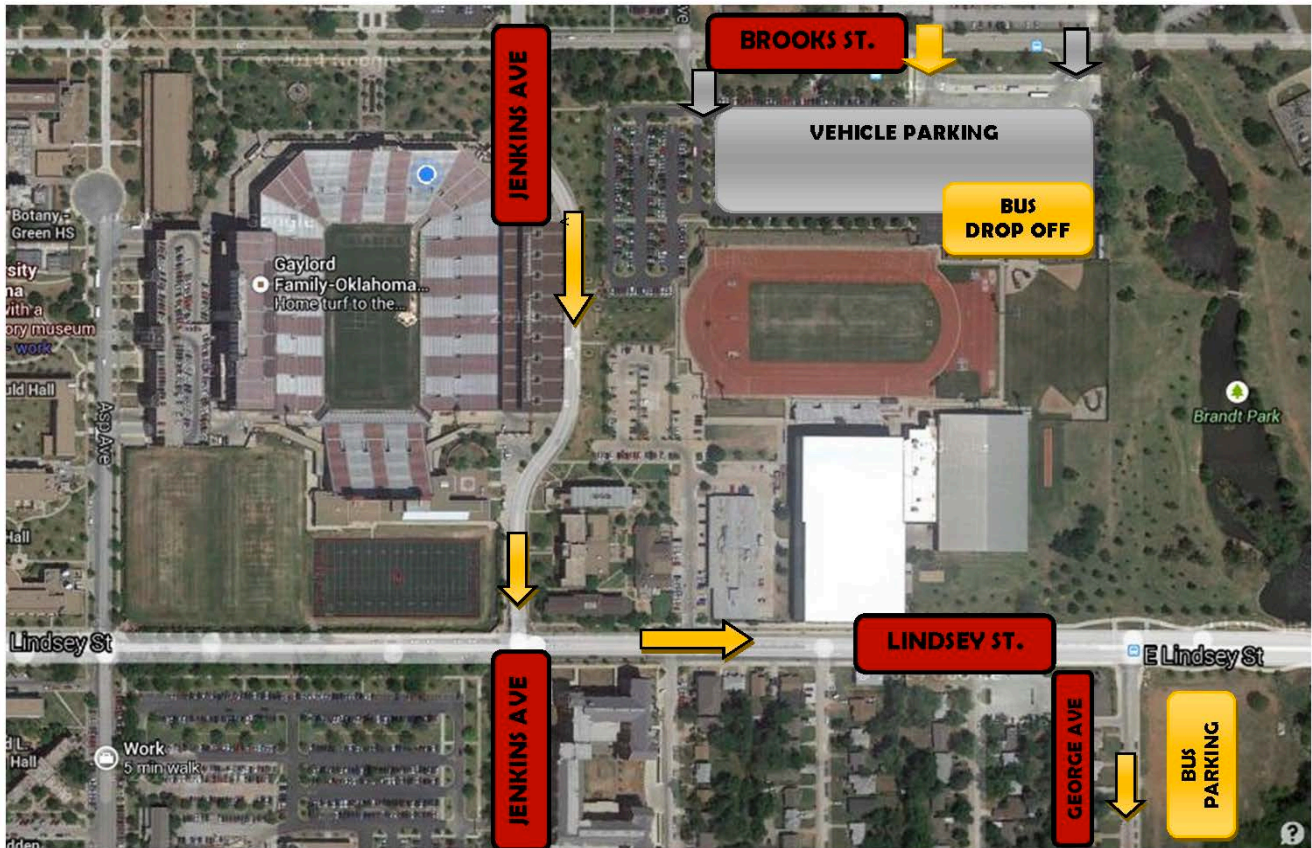
FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Gender</u>
10:00 AM	Discus Throw	Girls
10:00 AM	Shot Put	Boys
10:15 AM	Long Jump	Boys
10:30 AM	Pole Vault	Boys
11:00 AM	High Jump	Girls
1:00 PM	Shot Put	Girls
1:00 PM	Discus Throw	Boys
1:15 PM	Long Jump	Girls
1:30 PM	High Jump	Boys
1:30 PM	Pole Vault	Girls

RUNNING EVENTS

<u>Time</u>	<u>Event</u>	<u>Gender</u>
10:00 AM	4 X 100 Meter Relay	Girls
10:10 AM	4 X 100 Meter Relay	Boys
10:25 AM	4 X 800 Meter Relay	Girls
10:55 AM	4 X 800 Meter Relay	Boys
11:20 AM	100 Meter Hurdles	Girls
11:35 AM	110 Meter Hurdles	Boys
11:50 AM	3200 Meter Run	Girls
12:10 PM	3200 Meter Run	Boys
12:40 PM	4 X 200 Meter Relay	Girls
12:50 PM	4 X 200 Meter Relay	Boys
1:00 PM	800 Meters Run	Girls
1:20 PM	800 Meters Run	Boys
1:40 PM	100 Meter Dash	Girls
1:55 PM	100 Meter Dash	Boys
2:10 PM	400 Meter Dash	Girls
2:25 PM	400 Meter Dash	Boys
2:45 PM	300 Meter Hurdles	Girls
3:00 PM	300 Meter Hurdles	Boys
3:15 PM	200 Meter Dash	Girls
3:30 PM	200 Meter Dash	Boys
3:45 PM	1600 Meter Run	Girls
4:05 PM	1600 Meter Run	Boys
4:30 PM	4 X 400 Meter Relay	Girls
4:40 PM	4 X 400 Meter Relay	Boys
4:55 PM	Team Awards Presentation	Infield of Track

PARKING INFORMATION MAP



Parents or others driving a vehicle: Please park in the GREY lot marked "Vehicle Parking" east of the stadium off of Brooks Street.

Buses: Please drop off Participants in the yellow "Bus drop-off" area just off of Brooks St. Drive into the parking lot and volunteers will direct you. Then park your bus off of George Ave in the area marked "Track Parking" (large grass/gravel lot).

