

BTW Track Invitational
Friday April 12th, 2019

~~~**Coaches that attend the Booker T. Washington meet (1) MUST notify the host of their intent to compete at least 2 days prior to the meet and, (2) each team that attends the meet MUST have all athletes registered entered on ENDUROUSA.COM at least 3 days prior to competition.**

|                                                                                        |                                                                                                         |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b><u>Location:</u></b> Booker T. Washington<br>1631 E. Woodrow Pl.<br>Tulsa, OK 74106 | <b><u>Mailing Address:</u></b> Booker T. Washington<br>Greg Nash<br>1514 E. Zion St.<br>Tulsa, Ok 74106 |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|

**Bus Parking:** South of the Field House.

**Fees:** \$80.00 for each division. **B Teams \$40.00** for each division. Teams of Four athletes or less: **\$15.00 per person.**  
Make checks payable to: Booker T. Washington Track. **No Refunds.**

**Time:** Coaches Meeting will be at 2:00 P.M. Field events Will begin at 2:30 P.M. and running events will begin at 3:00 P.M.

**Limitations:** Each school is limited to one (1) relay team.  
Each school is limited to three (3) competitors per event.  
Each contestant is limited to four (4) events, including relays and field events.

**Medals:** Medals will be awarded to the top three finishers in each event.

**Trophies:** Trophies will be rewarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams.

**Team Points:** Awarded to top six finishers (10-8-6-4-2-1) in individual events and in relays, (20-16-12-8-4-2).

**Equipment:** Booker T. Washington will furnish all starting blocks to contestants. 1/4" spikes or shorter are required. **DO NOT USE TAPE ON THE TRACK.**

**Restrooms/ Concessions:** Located in the Northwest corner of the football field.  
**DO NOT BRING GLASS BOTTLES INTO STADIUM!!**

**Dressing Facilities:** NO DRESSING FACILITIES

**Lunch Break:** There will be a Coaches Feed for Coaches and workers at 4:30 P.M.

**OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY.**  
Greg Nash Head Coach: Email Address: [nashgr@tulsaschools.org](mailto:nashgr@tulsaschools.org)  
Office: (918) 925-1068 Cell: (918) 638-1525 Fax: (918) 925-1001



**BOOKER T HORNETS**  
**ORDER OF EVENTS**

**RUNNING EVENTS**

3:00 P.M.

|              |             |
|--------------|-------------|
| 400 RELAY    | GIRLS-BOYS  |
| 3200 RELAY   | GIRLS-BOYS  |
| 100 HURDLES  | GIRLS (33") |
| 110 HURDLES  | BOYS (39")  |
| 100 m. DASH  | GIRLS-BOYS  |
| 3200 RUN     | BOYS        |
| 800 M. RELAY | GIRLS-BOYS  |
| 3200 RUN     | GIRLS       |
| 200 m. DASH  | GIRLS-BOYS  |

\*\*\*\*\*45 MINUTE BREAK\*\*\*\*\*

|             |             |
|-------------|-------------|
| 800 RUN     | GIRLS-BOYS  |
| 400 m. DASH | GIRLS-BOYS  |
| 300 HURDLES | GIRLS (30") |
| 300 HURDLES | BOYS (36")  |
| 1600 RUN    | GIRLS-BOYS  |
| 1600 RELAY  | GIRLS-BOYS  |

**FIELD EVENTS**

2:30 P.M.

|            |       |       |
|------------|-------|-------|
| LONG JUMP  | GIRLS | BOYS  |
| HIGH JUMP  | BOYS  | GIRLS |
| POLE VAULT | BOYS  | GIRLS |
| SHOT       | BOYS  | GIRLS |
| DISC       | GIRLS | BOYS  |

**NOTE: SHOT PUT, DISCUSS, and LONG JUMP will be prelims/finals format.  
 3 throws/jumps in the prelims and 3 in the finals.**

**Coaches meeting will begin at 2:00 p.m.**