



**Alex JH/HS Invitational**  
**Thursday April 2nd, 2020**  
**JH/HS Division**

**Coaches Meeting: 9:00 am**  
**Field Events: 9:30 am**  
**Running Events: 10:00 am**

**Track Coaches:** On Behalf of the Alex Public School System, we would like to invite you to the Annual Alex JH/HS Invitational on Thursday April 2nd, 2020 Starting at 9:30 am.

**Entry Fees:** \$75 Per Division  
 \$15 per Individual (if less than 4)  
 Make Checks Payable to: Alex Public Schools

**Awards:** Medals to the top 3 in each event.

**Contestants:** Each school may enter 3 contestants per event and 1 relay.  
 Athletes may enter 4 events

**4 Divisions:** JH Girls, JH Boys, HS Girls, HS Boys

**Track:** New 8 lane all weather surface.  
 SHORT SPIKES ONLY!

**Timed Finals:** All Events

**Parking:** All Buses will park on the East side of the Football Field.

**Facilities:** Concession Provided. Hospitality for Coaches Provided. No Dressing Rooms

**Entries:** **ON-LINE ENTRIES: \*\*\* Schools that attend this meet must submit their entries on the new "ENDURO" website:**  
 www.endurousa.com. If you are using the new website for the first time, you must setup an account and UPGRADE your account to "Coach of Record (school meets)". After you upgrade your account, you will find the rosters you added to your account by clicking on "My Roster List" in the left navigation panel.  
**DEADLINE: the day before the meet @5:00pm. - - Complete both steps on the "Entries Window". ("Roster Only" meet)**  
 \*\*\* NO LATE ENTRIES \*\*\* Schools who have not entered on-line will not be added at the meet.  
 \*\*\* If you have any questions about your ENDURO USA account, please email your questions to: kevin@runenduro.com or message him through your ENDURO USA account.

**PLEASE RSVP!**

Send Checks to: Alex Public Schools  
 PO Box 188 Alex, OK 73002  
 email: mbrand@alex.k12.ok.us or cell: (405)664-2106



| Schedule of Events |  |   |                                      |  |  |  |
|--------------------|--|---|--------------------------------------|--|--|--|
| <b>9:00 AM</b>     |  | <b>Coaches Meeting</b>                    |                                      |  |  |  |
| <b>9:30 AM</b>     |  | <b>Field Events</b>                       |                                      | <b>3 Throws, 3 Jumps No Finals</b>                     |  |  |
|                    |  | High Jump                                 |                                      | JH Girls 3'6", JH Boys 4'2", HS Girls 4', HS Boys 5'2" |  |  |
|                    |  | Long Jump                                 |                                      | HS Girls 13', HS Boys 16', JH Girls 10', JH Boys 13'   |  |  |
|                    |  | Shot Put                                  |                                      | JH Boys 25', JH Girls 20', HS Boys 30', HS Girls 25'   |  |  |
|                    |  | Discus                                    |                                      | HS Boys 90', HS Girls 70', JH Boys 80', JH Girls 50'   |  |  |
|                    |  | Pole Vault                                |                                      | JH Boys, JH Girls, HS Boys, HS Girls                   |  |  |
| <b>10:00 AM</b>    |  | <b>Running Events</b>                     |                                      |  |  |  |
|                    |  | <b>Order:</b>                             | JH Girls, JH Boys, HS Girls, HS Boys |  |  |  |
|                    |  | 400 Meter Relay                           |                                      |  |  |  |
|                    |  | 3200 Meter Relay                          |                                      |  |  |  |
|                    |  | 100 Meter Hurdles                         |                                      | JH Girls, HS Girls                                     |  |  |
|                    |  | 110 Meter Hurdles                         |                                      | JH Boys, HS Boys                                       |  |  |
|                    |  | 3200 Meter Run                            |                                      |  |  |  |
|                    |  | 800 Meter Relay                           |                                      |  |  |  |
|                    |  | 800 Meter Run                             |                                      |  |  |  |
|                    |  | 100 Meter Dash                            |                                      |  |  |  |
|                    |  | 400 Meter Run                             |                                      |  |  |  |
|                    |  | 300 Meter Hurdles                         |                                      |  |  |  |
|                    |  | 200 Meter Dash                            |                                      |  |  |  |
|                    |  | 1600 Meter Run                            |                                      |  |  |  |
|                    |  | 1600 Meter Relay                          |                                      |  |  |  |
|                    |  |   |                                      |  |  |  |
|                    |  | <b>NO TEAM CAMPS ON THE TRACK INFIELD</b> |                                      |  |  |  |
|                    |  |   |                                      |  |  |  |
|                    |  | <b>OSSAA RULES APPLY</b>                  |                                      |  |  |  |