

Ardmore High School

Invitational Track Meet - April 24, 2020

Regional Meet Format - OSSAA RULES APPLY

Please confirm by email to:

Brenda McHatton --- mchatton@ardmoreschools.org



DIVISIONS: Varsity Girls & Varsity Boys divisions. Due to the fact that we are anticipating this being a large meet due to hosting the 5A-6A State meet, and regional format, we will allow 3 per event and NO JV teams. All entries must be completed on the ENDURO USA™ website. **www.endurousa.com**

ATTENTION COACHES: the on-line Entry DEADLINE for our meet is April 23rd @ 6pm (Thursday). All entries will be CLOSED at 6pm! - - - No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing **ALL the Steps** on our meet's "ENTRIES Window". If your team/school does not complete **all the steps** on our meet's "Entries Window", it means your students ARE NOT ENTERED. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com - - -

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that affect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

Meet Schedule - - - **Coaches Meeting:** 8:30 a.m. in the weight room at the field house.
Field Events: 9:30 a.m. **Running Events:** 9:45 a.m.

Divisions: High School Boys and Girls

Awards: Medals for first three (3) places in each individual event, and first three (3) places in relay events. Top team and runner-up in each division will receive a plaque.

Field Events: Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts

Heating: Heating will be done at the heating benches located on the EAST side of track (**NEW**)

Concession/Admission: The concession stand will be open. Admission will be charged for spectators. Restrooms are available.

Hospitality Room: There will a hospitality room for coaches.

Parking: Bus parking will be on the East side of the stadium. (We are not in school)

Team Camps: No team camps/tents inside the fence surrounding the track, please.

Entry Fee: \$90 per Division, or \$170 for both teams, \$15 individual (less than 5 athletes)

**Make Checks payable to: Ardmore High School Track
PO Box 1709 Ardmore, OK 73402**

Please contact us with any questions:

Brenda McHatton-Head Girls Coach
580-795-4716 (cell)
580-226-7680 ext. 2116
mchatton@ardmoreschools.org

Bryce Bell-Head Boys Coach
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Invitational Track Meet

Friday, April 24, 2020

ORDER OF EVENTS



Field Events --- 9:30

- 9:30- Girls High Jump
Boys Long Jump
Boys Shot Put
Girls Discus
Boys Pole Vault
- 11:00- Boys High Jump
Girls Long Jump
Girls Shot Put
Boys Discus
Girls Pole Vault

Running – PRELIMINARIES --- 9:45 am

- 400 M. Relay-Girls/Boys
3200 M. Relay-Girls/Boys (Final)
100 M. Hurdles-33" Girls
110 M. Hurdles-39" Boys
100 M. Dash-Girls/Boys
3200 M. Run-Boys (Final)
800 M. Relay-Girls/Boys (Final)
3200 M. Run-Girls (Final)
200 M. Dash-Girls/Boys

<Proposed 45 Minute Break>

Running – FINALS --- 2:30 pm

- 400 M. Relay- Girls/Boys
800 M. Run-Girls/Boys
100 M. Hurdles-Girls
110 M. Hurdles-Boys
100 M. Dash-Girls/Boys
400 M. Dash-Girls/Boys
300 M. Low Hurdles- Girls/Boys
200 M. Dash-Girls/Boys
1600 M. Run-Girls/Boys
1600 M. Relay-Girls/Boys

*A throwers relay will be held prior to the 1600m Relay so that we can make sure all of the throwers are done with field events. Each team must have at least ONE (1) girl.