

CARL ALBERT INVITATIONAL

APRIL 10TH 2020

You are invited to attend the Carl Albert Invitational track meet on Friday April 10th. **Entries will be limited to 15 teams so make contact as soon as possible to get your spot confirmed and reserved.** Contact Brandon Johnson at bjohnson@mid-del.net to receive your "Invitation Code".

This will be a *Seeded Entries Meet*. Schools must submit their entries on-line at www.enduroussa.com by completing the necessary steps on the "Entries Window". **The entry deadline is Wednesday April 8th at 9:00pm. No late entries accepted.** *If you do not enter on-line, your school will NOT be added at the meet.*

1. Limited to the first 15 teams.
2. Coaches meeting – 9:30, Field Events – 10:00, Running – 10:30
3. Each varsity team may enter three athletes per event, four events for each athlete. Also each team may have only one relay team in each relay event. **B-Team athletes must be designated as B-Team on the "Entries Window" within your Enduro account. B-Team must follow the same parameters as the varsity, 3 athletes per event and one relay team per relay event. B-Teams will not medal and team points will not be kept.**
4. Field event contestants will get three preliminary attempts and the top eight contestants will advance to the finals.
5. Buses need to park in the parking lot on the west side of the football field.
6. Entry fee: \$200 for each school (\$100 varsity boys / \$100 varsity girls)
\$120 for B teams (\$60 boys / \$60 girls) No refunds.

Make checks payable to: Carl Albert Track

*Send to: Carl Albert Track
2009 S. Post Road
Midwest City, OK 73110*

We're using the new "ENDURO" website - - - www.enduroussa.com . Schools attending must submit their entries using the new website. If you are using the website for the first time, you must setup an account and UPGRADE your account to "Coach of Record (school meets)". If you have any questions about your ENDURO USA account, please email your questions to: kevin@runenduro.com

Please visit the meet "Preview" window at www.enduroussa.com prior to departing for our meet, I will post any last minute instructions for coaches/teams on this window.



CARL ALBERT INVITATIONAL
TRACK MEET



FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls
 Boys

Discus: Boys
 Girls

Pole Vault: Girls
 Boys

Long Jump: Girls
 Boys

High Jump: Boys
 Girls

RUNNING EVENTS BEGIN AT 10:30 A.M.

- 400 Meter Relay.....Girls/Boys
- 3200 Meter Relay.....Boys/Girls**
- 100 Meter Hurdles (33").....Girls
- 110 Meter Hurdles (39").....Boys
- 3200 Meter Run.....Boys
- 800 Meter Relay.....Girls/Boys
- 800 Meter Run.....Girls/Boys
- 100 Meter Dash.....Girls/Boys
- 3200 Meter Run.....Girls
- 400 Meter Dash.....Girls/Boys
- 300 Meter Hurdles (30").....Girls
- 300 Meter Hurdles (36").....Boys
- 200 Meter Dash.....Girls/Boys
- 1600 Meter Run.....Girls/Boys
- 1600 Meter Relay.....Girls/Boys



TITAN TRACK



Carl Albert High School
2009 South Post Road
Midwest City, Oklahoma 73130
405-739-1648 Ext. 3021

CARL ALBERT INVITATIONAL INVOICE

SCHOOL _____

ACTIVITY _____ CA Track Meet _____

ACTIVITY DATE _____ 4/10/2020 _____

ENTRY FEE: Varsity: \$100 per team (\$200 for both boys & girls)
B-Team: \$60 per team (\$120 for both boys & girls)

AMOUNT DUE _____

PLEASE MAKE CHECKS PAYABLE TO:

CARL ALBERT TRACK
2009 S. POST ROAD
MWC, OK 73130