



MIDDLE SCHOOL INVITATIONAL

EDMOND NORTH HIGH SCHOOL, APRIL 7, 2020

On behalf of Edmond Public Schools, we would like to extend an invitation to participate in Edmond North's Middle School Invitational. Space is limited. Please email the meet director to confirm your team's spot.

Attention Coaches

All teams must contact the meet director (stephen.evans@edmondschools.net or cara.bowerman@edmondschools.net) to secure their spot. Space is limited. Athletes must be entered into enduroussa.com by the deadline to obtain a competition number. This is a Rosters Only Meet.

Entry deadline is **Monday, April 6 at 5:00 PM.**

Meet Directors: Stephen Evans, stephen.evans@edmondschools.net
Cara Bowerman, cara.bowerman@edmondschools.net

Start Time: 3:15 Coaches Meeting. 3:30 Start. See page 2 for Order of Events.

Entries: Three individual entries per event and one relay per team. Additional entries if paying for a "B Team."

Rules: We will follow all OSSAA and National Federation rules. Each participant is limited to four events.

Scoring: 10-8-6-5-4-3-2-1. Relays will score double.

Divisions: 7th Girls, 8th Girls, 7th Boys, 8th Boys (6th grade may participate as part of 7th grade team)

Awards: Medals will be awarded to the top three finishers in each division in all events. Plaques will be awarded to the winning team in each division.

Food: Coaches will have access to a hospitality room. Concessions will be open for athletes and spectators.

Entry Fee: \$65 entry fee per division (\$260 for all divisions). "B Teams" cost additional \$30 per division.
\$20 per entry for teams of three or fewer.

Mail payment to:

**Edmond Public Schools
Attn: Karen Young
1001 West Danforth
Edmond, OK 73003
(405) 340-2800**



MIDDLE SCHOOL INVITATIONAL

EDMOND NORTH HIGH SCHOOL, APRIL 7, 2019

Order of Events

TRACK EVENTS

We will be on a rolling schedule. All running events are timed finals using a FAT system. Athletes must listen for 1st, 2nd, and 3rd calls and report by the 3rd call of their events. Seeding will be done at check-in.

3:30 4x100m Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
4x800m Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
100m Hurdles (30")	7 th Girls, 8 th Girls
110m Hurdles (30", 33")	7 th Boys, 8 th Boys
4x200m Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
800m Run	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
100m Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
400m Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
300m Hurdles (30")	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
200m Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
1600m Run	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
4x400m Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys

FIELD EVENTS

Participants will receive four attempts in the Shot Put, Discus, and Long Jump. Athletes must listen for 1st, 2nd, and 3rd calls and report by the 3rd call of their events. Track events take precedence, so athletes competing in multiple events must inform the event judge when leaving for an event and be diligent about returning. Pits and throwing areas will not be held open for athletes following the conclusion of their division's competition.

3:30 High Jump	8 th Boys, 7 th Boys, 8 th Girls, 7 th Girls
Long Jump	8 th Girls, 7 th Girls, 7 th Boys, 8 th Boys
Discus Throw	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
Shot Put	7 th Boys, 8 th Boys, 7 th Girls, 8 th Girls
Pole Vault	7 th /8 th Boys, 7 th /8 th Girls