

GREATER METRO ATHLETIC CONFERENCE

Middle School and High School Track & Field Conference Meet

April 24TH, 2020

Bethany High School extends an invitation for your school to participate in Greater Metro Athletic Conference Track & Field Meet. This event will be held on Friday, April 24, 2020, starting at 3:30 pm. The track is located at the Bethany Public Schools Athletic Complex just west of NW 50th Street and Council Road in Northwest Oklahoma City. All entries will be on ENDURO USA.com

ONLINE ENTRIES: the Entry DEADLINE for our meet is April 23RD @ 6pm (Monday). **All entries will be CLOSED at 6pm!** No late entries accepted. ALL of the steps on our meet's "Entries Window" must be completed – including the **VERIFICATION** step. If your team/school does not complete ALL steps on our meet's "Entries Window" (including the VERIFICATION Step), 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. 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, log into your ENDURO USA™ account – then click on our meet in the "Student Meets and Events LIST" (on the right side of the window).

Schools: Open to all Junior High and High School GMAC Teams.

Trophies: Trophies will be awarded to 1st place team in each division.

Division: HS Boys, HS Girls, MS Boys, MS Girls

Entry Fee: The cost of the medals will be divided by the number of schools to makeup the entry fee. In exchange, each school will be a work assignment for the meet (i.e. field event, exchange zone, etc.).

Medals: Medals will be awarded to 1st, 2nd, 3rd, and 4th place in all individual events and 1st, 2nd, and 3rd place in all relays.

Entrants: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one team in each relay. You are welcome to enter an extra two (2) "B" Team athletes in each event, and an extra team in each relay. Make sure they identify themselves as "B" at the heating benches. They will not score points or win medals.

Time Schedule: 3:00 PM Coaches Meeting
3:30 PM Field Events
3:30 PM Running Events (Timed Finals)

Events: Each contestant will receive three (3) throws or jumps in the field events.
We will try and have finals in high school shot put, discus, and long jump as long as time allows.

Dinner: Dinner will be provided for coaches.

Team Points: Points will be awarded to the top 6 (10-8-6-4-2-1) with Relays doubled (20-16-12-8-4-2).

Track: Our track is an all weather track. Please use spikes no longer than 1/4".

Heating: Behind the Timing Benches by the Finish Line.

Entries: To enter your team into this meet please send an e-mail to Adam Forester at aforester@bethanyschools.com. Please write "GMAC Conference Meet" in the subject line. Also, be sure and include which divisions you will be bringing to the meet.

For questions please contact the meet directors:

Adam Forester, Head Boys and Girls Track Coach
aforester@bethanyschools.com
405-664-6022 (Cell)

Jon Arthur, Athletic Director and Meet Referee
jarthur@bethanyschools.com
405-664-6183 (Cell) 405-499-4608 (Office)

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Conference Track & Field Meet 2020

SCHEDULE OF EVENTS

3:00 Coaches Meeting (Locker Room behind the Stadium)

Field Events

3:30	Discus	MS Girls	HS Girls	HS Boys	MS Boys
	High Jump	HS Girls	MS Girls	HS Boys	MS Boys
	Long Jump	HS Boys	MS Boys	HS Girls	MS Girls
	Shot Put	HS Boys	MS Boys	MS Girls	HS Girls
	Pole Vault	MS Girls/HS Girls		MS Boys/HS Boys	

Timed Finals

3:30	400 Meter Relay	MS Girls	HS Girls	MS Boys	HS Boys
	3200 Meter Relay	MS Girls	HS Girls	MS Boys	HS Boys
	100 Meter Hurdles	MS Girls (30") HS Girls (33")			
	110 Meter Hurdles	MS Boys (33") HS Boys (39")			
	3200 Meter Run	MS Boys/HS Boys			
	800 Meter Relay	MS Girls	HS Girls		
	800 Meter Run	MS Girls	HS Girls	MS Boys	HS Boys
	100 Meter Dash	MS Girls	HS Girls	MS Boys	HS Boys
	3200 Meter Run	MS Girls/HS Girls			
	400 Meter Dash	MS Girls	HS Girls	MS Boys	HS Boys
	300 Meter Hurdles	MS Girls (30")	HS Girls (30")	MS Boys (30")	HS Boys (36")
	200 Meter Dash	MS Girls	HS Girls	MS Boys	HS Boys
	1600 Meter Run	MS Girls	HS Girls	MS Boys	HS Boys
	1600 Meter Relay	MS Girls	HS Girls	MS Boys	HS Boys

(Top four (4) in team points in last heat and next two (2) best seed times)

Awarding of trophies