



High school Track Meet

Date: April 10th, 2020

**Location: Langston University, W.E. Anderson
Stadium**

Entry Fees & Procedures

- Teams of 12 or more \$100 per gender
- Men's and Women's Teams are considered separate.
- Teams must be entered in www.directathletics.com
- PLEASE PAY BY SCHOOL ISSUED CHECK, PERSONAL CHECK, MONEY ORDER or CASH (on site).

Please make all checks payable to "The Langston University Foundation." Memo: Track and Field

Regular Mail: Langston University Athletics (Attention: Track and Field), P.O. Box 175. Langston, OK 73050

We strongly recommend that you pay your entry fee in advance. We realize that this is not possible for some schools, so those wishing to pay when they pick-up their team packets, please make sure you have the correct amount on your checks, no refunds will be issued during packet pickup.

Ticket Prices

- \$5 general admission, Free for Langston students with IDs

Timing:

- **Jacqueline White**

Field Events:

- Horizontal Jumps (Long Jump) and Triple Jumps
- Athletes will receive 3 Jumps and the top 8 will advance to the finals. Jumpers in the finals will receive 3 attempts.
- High Jump will compete using 3-Active format.

Event Check-In: Athletes will check in at the heating table after the first call for their event. Field event check-in will be done at the event area.

Competition Warm-up

- The track will be open for team warm up prior to the start of the running events.
- No warming up will be allowed in the competition area during the meet.
- No warming up or team camps will be allowed on the infield or backside of the track.
- Teams can use the east side of the stadium for camps.
- General warm-up during competition can be done on the practice field or tennis courts both located on the westside of the stadium.
- Field events warm-ups will be held at the event site.

Coaches Meeting

8:30am

Filed Events

10:00am

Shot Put Boys, Girls

Long Jump Boys, Girls

High Jump Girls, Boys

Shot Put Girls, Boys

Long Jump Girls, Boys

High Jump Boys, Girls

Running Events:

10:00 AM 4 X 100 Meter Relay Girls

10:10 AM 4 X 100 Meter Relay Boys

10:25 AM 4 X 800 Meter Relay Girls

10:55 AM 4 X 800 Meter Relay Boys

11:20 AM 100 Meter Hurdles Girls

11:35 AM 110 Meter Hurdles Boys

11:50 AM 3200 Meter Run Girls

12:10 PM 3200 Meter Run Boys

12:40 PM 4 X 200 Meter Relay Girls

12:50 PM 4 X 200 Meter Relay Boys

1:00 PM 800 Meters Run Girls

1:20 PM 800 Meters Run Boys

1:40 PM 100 Meter Dash Girls

1:55 PM 100 Meter Dash Boys

2:10 PM 400 Meter Dash Girls

2:25 PM 400 Meter Dash Boys

2:45 PM 300 Meter Hurdles Girls

3:00 PM 300 Meter Hurdles Boys

3:15 PM 200 Meter Dash Girls

3:30 PM 200 Meter Dash Boys

3:45 PM 1600 Meter Run Girls

4:05 PM 1600 Meter Run Boys

4:30 PM 4 X 400 Meter Relay Girls

4:40 PM 4 X 400 Meter Relay Boys