

Bishop McGuinness Catholic High School
7th and 8th Grade Track Meet
Monday APRIL 13, 2020

Dear Coach,

January 6, 2020

Bishop McGuinness will host its annual Irish Jr. High Track Classic on Monday, April 22, 2019. There will not be any 3200m Runs in any division.

The meet will include boys and girls competing in separate divisions for 7th and 8th grade only. The cost of the meet will be \$ 75.00 per team per division. Medals will be awarded to the top 5 individuals in each of the open events, top 3 teams in each relay, and trophies will be given to the top team in each division. Each athlete is limited to 4 events, including relay participation. Each school is limited to 3 individuals per open event and 1 relay team per race. You may enter a "B-team" for additional team entry fee of \$50.00. NOTE: Athletes must be designated as "B-Team" on the Entries Window. Athletes may NOT switch between "A-Team" and "B-Team" at the meet. In Shot, Discus, and Long Jump each contestant will be given 3 attempts. Top 7 will advance to finals. Starting heights in HJ and PV will be determined at the coaches meeting.

There will be a coaches meeting at 9:00 AM in the field house, and all running and field events will begin promptly at 9:30 AM.

The track is a completely resurfaced 6 lane polyurethane surface. Your athletes are allowed to wear track spikes but they cannot exceed the 1/4-inch length. Shoes of all contestants will be checked at all events

This will be a sanctioned meet by the Oklahoma Secondary Activities Association, and all rules will apply. ****OUR MEET WILL FEATURE F.A.T. (Fully Automatic Timing)****

ONLINE ENTRIES: On-line Entry **DEADLINE** for our meet is **April 19th @ 6pm (Friday)**. (((The meet will be **CLOSED** at 6pm!))) No late entries accepted. Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL necessary steps on the "**ENTRIES Window**". If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account contact Kevin McWatters at: kevin@runenduro.com

Please log into your ENDURO USA™ account at: www.enduroussa.com

--- NEW ---

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. (. . . bad weather info, etc.) You can use the "short cut" to our meet's PREVIEW window by clicking on our meet in the "Student Meets & Events LIST" (on the right side of the window) after you log into your ENDURO USA™ account.

The entry deadline for this meet is Friday, April 10, 6:00pm
www.enduroussa.com

In case of bad weather: 405 255-5723 and visit our meet's PREVIEW window immediately before departing for the meet. Questions, please contact Scott Stevenson, sstevenson@bmchs.org

BISHOP MCGUINNESS JUNIOR HIGH

Monday APRIL 13, 2020

Coaches Meeting 9:00 AM

First Race 9:30 AM

400 meter Relay	7th, 8th Girls / 7th, 8th Boys
3200m Relay	7th, 8th Girls / 7th, 8th Boys
100m Hurdles	7th, 8th Girls
110m Hurdles	7th, 8th Boys
800m Relay	7th, 8th Girls / 7th, 8th Boys
800m Run	7th, 8th Girls / 7th, 8th Boys
100m Dash	7th, 8th Girls / 7th, 8th Boys
400m Dash	7th, 8th Girls / 7th, 8th Boys
300m Hurdles	7th, 8th Girls
300m Hurdles	7th, 8th Boys
200m Dash	7th, 8th Girls / 7th, 8th Boys
1600m Run	7th, 8th Girls / 7th, 8th Boys
1600m Relay	7th, 8th Girls / 7th, 8th Boys

FIELD EVENTS Times are approximate; we will have a running schedule for field events.

9:30 AM	8th, 7th Boys Long Jump
	7th, 8th Girls High Jump
	7th, 8th Girls Discus
	7th, 8th Boys Shot Put
	7th, 8th Boys Pole Vault (Will jump at the same time)
1:00 PM	8th, 7th Girls Long Jump
	7th, 8th Boys High Jump
	7th, 8th Boys Discus
	7th, 8th Girls Shot Put
	7th, 8th Girls Pole Vault (Will jump at the same time)