



The John Jacobs High School Invitational

April 17, 2020

Tentative Meet Information

We are pleased to invite you to the John Jacobs High School Invitational!

Please read details regarding entry deadlines carefully as some have changed.

Events & Schedule

The number of accepted entries will determine the final list of events, time schedule and number of heats. A tentative time schedule is included.

The final time schedule will be posted on our website (www.soonersports.com) following the close of entries.

Entry Deadline

Friday, April 10th, 2020 at 12:00 PM (CT).

There will be no late additions.

Entry Procedure

All entries are to be done online with Direct Athletics (www.directathletics.com).

Please reach out to Allison Boevers (boeversa@ou.edu) for questions.

Phone, email, or faxed entries will not be accepted.

Scratches only until Wednesday, April 15th, 2020 at 12:00 PM (CT).

Entry Fee

Team entry fee (14 or more athletes) is \$100 per gender per team or \$20 per individual / relay with 13 or less athletes.

Checks can be made payable to:

The University of Oklahoma

There will be no refunds once the meet has begun.

Entry fee can either be paid on Direct Athletics or at check in via check.

Entry Limitations

Three athletes per running event per school.

Two athletes per field event per school.

One relay team per event per school.

Wildcard Entries

Wildcard entries must be received via email to the meet director (boeversa@ou.edu) by Friday, April 10 at 12:00 PM (CT).

Meet management reserves the right to select which wildcard entries will be accepted.

Accepted wildcard entries will appear on heat sheets.

Please email wildcard entries in this format:

Title email: John Jacobs Invitational Wildcard Entry
Name
High school
Year in high school
Event
Entry Mark
Head Coach name and contact

Meet management reserves the right to not consider wildcard entries that do not match this format.

Entry Standards for Unattached/Wildcard Athletes

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
Discus	130'	160'
Shot Put	40'	55'
High Jump	5'4"	6'4"
Pole Vault	11'0"	14'1"
Long Jump	15'4"	20'6"
100/110 Hurdles	14.60	14.60
300 Hurdles	45.60	39.40
100M Dash	12.50	10.75
200M Dash	25.20	22.00
400M Dash	57.00	49.00
800M	2:30	2:00
1600M	5:30	4:35
3200M	11:55	10:00

Accepted Entries

All accepted entries will be posted on our website (soonersports.com) as soon as possible following the close of entries.

Heat Sheets

Heat sheets will be available online no later than Thursday, April 16th, 2020.

Packets

Coaches may pick up packets on the north side of the indoor track on Friday, April 17th beginning at 8:30 AM (CT). There will be a brief coaches meeting at 9:00 AM (CT) before the beginning of the meet.

Parking

Parking is available in the eastern most portion of the Duck Pond parking lot. Enter the lot from Brooks Street and head to the far east end (the end closest to the Duck Pond). A pedestrian gate on the northeast corner of the John Jacobs Track Facility will be open. Because of classes on the Norman campus, only cars belonging to spectators and competitors parked in the east end of the lot will not be ticketed. Access to Brooks Street is possible from north or southbound Jenkins Avenue (the street that runs on the east side of Oklahoma Memorial Stadium). Buses are asked to drop off and park in areas indicated on the enclosed map.

Implement Weigh-In

Weights and Measures will be located on the north side of the indoor track.

All implements must be weighed-in at least one-hour prior the start of each throwing event.

Spikes

Spikes must not exceed 1/4"; ¼ pyramids are allowed.

High jumpers may use 3/8" spikes.

Spikes will be checked as part of the check-in process.

Scoring / Rules

Scoring will be conducted as follows: 10-8-6-4-2-1 with relays scoring double. The meet will be conducted under the rules of the Oklahoma Secondary Schools Association.

Results

Live results will be available through Delta Timing. Results will be posted on the University of Oklahoma Athletics website (soonersports.com) following the conclusion of the event.

Meet Director

Allison Boevers

boeversa@ou.edu

TENTATIVE SCHEDULE

FRIDAY, APRIL 17, 2020

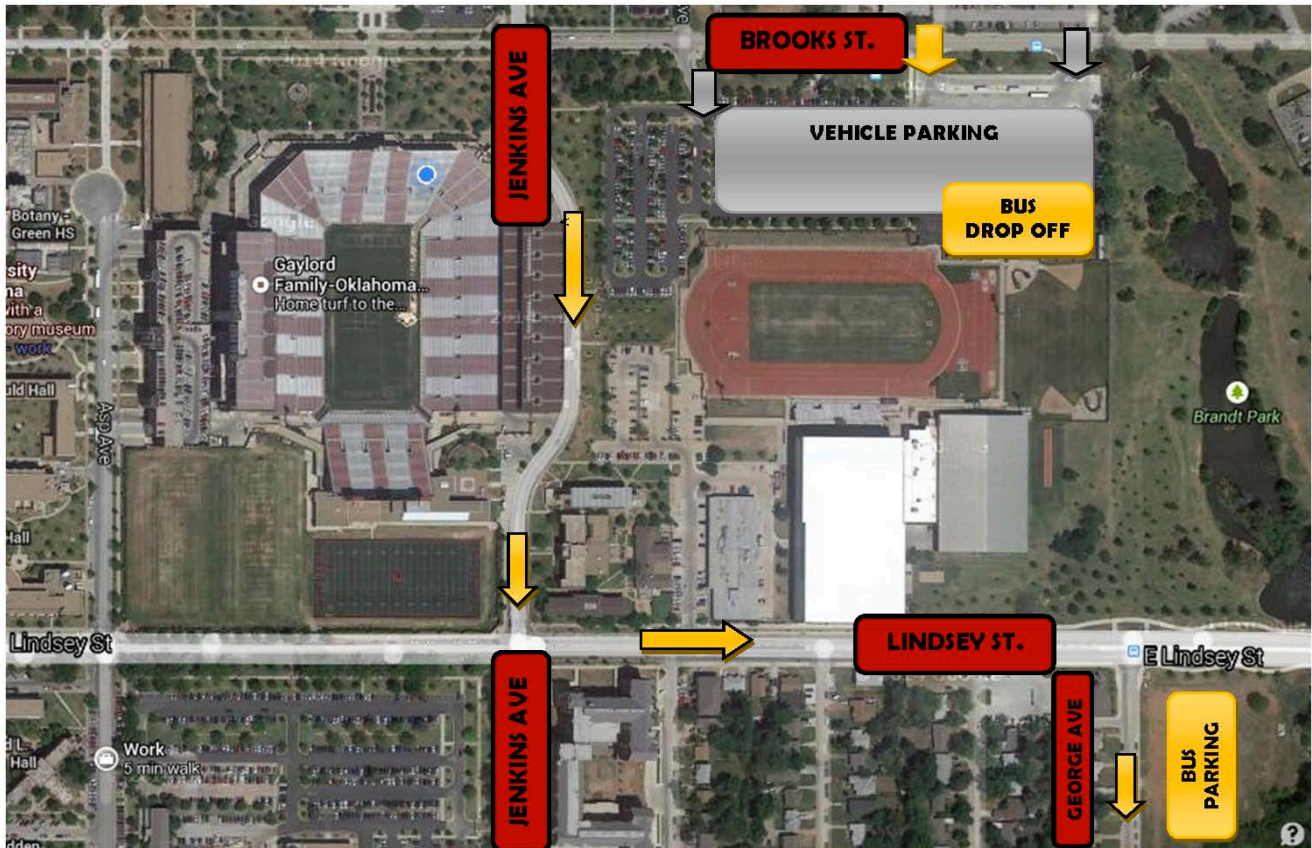
FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Gender</u>
10:00 AM	Discus Throw	Girls
10:00 AM	Shot Put	Boys
10:30 AM	Long Jump	Boys
10:30 AM	Pole Vault	Boys
11:00 AM	High Jump	Girls
1:00 PM	Shot Put	Girls
1:00 PM	Discus Throw	Boys
1:30 PM	Long Jump	Girls
1:30 PM	High Jump	Boys
1:30 PM	Pole Vault	Girls

RUNNING EVENTS

<u>Time</u>	<u>Event</u>	<u>Gender</u>
10:00 AM	4 X 100 Meter Relay	Girls
10:10 AM	4 X 100 Meter Relay	Boys
10:20 AM	4 X 800 Meter Relay	Girls
10:35 AM	4 X 800 Meter Relay	Boys
10:55 AM	100 Meter Hurdles	Girls
11:15 AM	110 Meter Hurdles	Boys
11:30 AM	3200 Meter Run	Girls
12:00 PM	3200 Meter Run	Boys
12:30 PM	4 X 200 Meter Relay	Girls
12:40 PM	4 X 200 Meter Relay	Boys
12:50 PM	800 Meters Run	Girls
1:05 PM	800 Meters Run	Boys
1:25 PM	100 Meter Dash	Girls
1:40 PM	100 Meter Dash	Boys
2:00 PM	400 Meter Dash	Girls
2:15 PM	400 Meter Dash	Boys
2:35 PM	300 Meter Hurdles	Girls
2:50 PM	300 Meter Hurdles	Boys
3:10 PM	200 Meter Dash	Girls
3:25 PM	200 Meter Dash	Boys
3:45 PM	1600 Meter Run	Girls
4:10 PM	1600 Meter Run	Boys
4:40 PM	4 X 400 Meter Relay	Girls
4:50 PM	4 X 400 Meter Relay	Boys

PARKING INFORMATION AND MAP



Parents or others driving a vehicle: Please park in the GREY lot marked "Vehicle Parking" east of the stadium off of Brooks Street.

Buses: Please drop off Participants in the yellow "Bus drop-off" area just off of Brooks St. Drive into the parking lot and volunteers will direct you. Then park your bus off of George Ave in the area marked "Track Parking" (large grass/gravel lot).