

# Vision Bank – Prague JH Meet

Tuesday, March 24, 2020  
7th & 8th grade Girls and Boys  
3A and Below

TIME: Coaches Mtg -9am

Field Events- 9:30am     Running Events – 10:00am

Coaches that plan to attend **MUST** notify Coach Watkins at least 3 days prior to the meet. (see below)

All entries will be online on the ENDURO USA™ website. **www.enduroussa.com**

Our on-line Entry DEADLINE is **Monday, March 23rd @ 6pm**. (((The meet will be CLOSED at 6pm!)))

**No late entries accepted.** - Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on the meet's "**ENTRIES Window**" – including the "**VERIFICATION**" step. If your team/school does not complete all the necessary steps - - - including the "VERIFICATION" step, 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, please contact 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 information that can affect the meet. To find our meet's PREVIEW window, login – then click on our meet in the "Student Meets & Events LIST" (on the right side of the window).

FEES:                \$70 each Division    \$15 ea individual less than 4

MEDALS:          Medals will be awarded to the top 5 finishers in each event / top 3 Relays

TROPHIES:        Trophies will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place teams.  
Points will be scored 10-8-6-4-2-1 and will double for relays.

LIMITATIONS: 4 INDIVIDUAL EVENTS (INCLUDING RELAYS AND FIELD EVENTS)

Each school is limited to one (1) relay team.

Each school is limited to three(3) competitors per event.

PARKING:          Bus parking will be East of Football Field

CAMPS:            Team Camps – West of Football Field ( not inside track)

Restrooms / Concessions: available on the NE side of track

**\*\*Coaches Meal Provided**

IF YOU PLAN TO ATTEND, OR IF YOU HAVE ANY QUESTIONS, CALL or TEXT COACH WATKINS.

405-570-3864.

swatkins@prague.k12.ok.us

# ORDER OF EVENTS

## FIELD EVENTS 9:30am 3 ATTEMPTS @ EACH EVENT

PV- 7<sup>TH</sup> B, 8<sup>TH</sup> B, 7<sup>TH</sup> G, 8<sup>TH</sup> G

HJ- 7<sup>TH</sup> G, 8<sup>TH</sup> G, 7<sup>TH</sup> B, 8<sup>TH</sup> B

LJ- 7<sup>TH</sup> B, 8<sup>TH</sup> B, 7<sup>TH</sup> G, 8<sup>TH</sup> G

SHOT - 7<sup>TH</sup> B, 8<sup>TH</sup> B, 7<sup>TH</sup> G, 8<sup>TH</sup> G

DISCUS – 7<sup>TH</sup> G, 8<sup>TH</sup> G, 7<sup>TH</sup> B, 8<sup>TH</sup> B

## RUNNING EVENTS 10:00am

400M RELAY GIRLS, BOYS

3200M RELAY GIRLS, BOYS

100M HURDLES GIRLS

110M HURDLES BOYS

800M RELAY GIRLS, BOYS

800M RUN GIRLS, BOYS

100M DASH GIRLS, BOYS

\*\*\* BREAK\*\*\*

400M DASH GIRLS, BOYS

300M HURDLES GIRLS, BOYS

200M DASH GIRLS, BOYS

1600M RUN GIRLS, BOYS

1600M RELAY GIRLS, BOYS