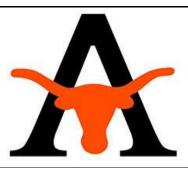


		Alex JI	H/HS 8 Man Invit	ational						
		Thurs								
		JH/HS Division								
		Coad	hes Meeting: 9:0	0 am						
		Fi								
Track Coaches:	On Rehalf of the		ning Events: 10:0		ou to the Annual					
Truck couciles.	On Behalf of the Alex Public School System, we would like to invite you to the Annual Alex JH/HS 8 Man Invitational on Thursday March 25th, 2021 Starting at 9:30 am.									
	7 (ICX 31 1) 113 0 1410			Stri, 2021 Starting						
Entry Fees:		\$75 Per Division								
Life y i ccs.		\$15 per Individua	 al (if less than 4)							
			· · · · · · · · · · · · · · · · · · ·							
		Make Checks Payable to: Alex Public Schools								
Awards:		Modals to the to	p 3 in each event.							
Awarus.		iviedais to the to	p 3 iii eacii eveiit.							
Contestants:		Fach school may	enter 3 contector	l nts per event and	1 relay					
contestants:		Athletes may ent		lts per event and	Tielay.					
		Atmetes may em	lei 4 events							
4 Divisions:		ILI Cirls ILI Pove	US Cirls US Boye							
4 DIVISIONS:		JH GILIS, JH BOYS,	HS Girls, HS Boys							
Trooks		New 8 lane all w	aathar curfaca							
Track:										
		SHORT SPIKES OI	NLY!							
**		All F								
Timed Finals:		All Events								
		AU D 'U		(.) E .) !! E						
Parking:		All Buses will par	k on the East side	of the Football F	ieia.					
Facilities:		Concession Provi	ded. Hospitality f	or Coaches Provid	ded. No Dressing	Rooms				
Entries:	ON-LINE ENTRIES: **** Schools that attend this meet must submit their entries on the new "ENDURO" website:  www.endurousa.com. If you are using the new website for the first time, you must setup an account and UPGRADE									
	<del>_</del>				·					
	<del>-</del> -	ach of Record (school			ou will find the rosters	s you added				
	_	licking on "My Roster								
	DEADLINE: the day	before the meet @5	:00pm Complete	both steps on the "	Entries Window". ("	Roster Only" meet)				
	7	RIES * * * Schools who								
	* * * If you have any q	uestions about your EN	DURO USA account, ple	ease email your questio	ns to: kevin@runendu	ro.com				
	or message him throug	gh your ENDURO USA ac	count.							
			PLEASE RSVP!							
			ecks to: Alex Publi							
			ox 188 Alex, OK 7							
	6	email: mbrand@a	lex.k12.ok.us or c	ell: (405)664-210	6					
	1	ı	ı	l .	ı	·				



	9	Schedule of Event	ts 			
9:00 AM	Coaches Meeting					
9:30 AM	Field Events		3 Throws, 3 Jum	ps No Finals		
	High Jump	_	JH Girls 3'6, JH Boys 4'2, HS Girls 4', HS Boys 5'2			
	Long Jump		HS Girls 13', HS E	Boys 16', JH Girls	10', JH Boys 13	
	Shot Put		JH Boys 25', JH G	irls 20', HS Boys	30', HS Girls 2!	
	Discus		HS Boys 90', HS (	Girls 70', JH Boys	70', JH Girls 50	
	Pole Vault		JH Boys, JH Girls, HS Boys, HS Girls			
10:00 AM	Running Events					
	Order:	JH Girls, JH Boys,	HS Girls, HS Boys			
	400 Meter Relay					
	3200 Meter Rela	3200 Meter Relay				
	100 Meter Hurdl	les	JH Girls, HS Girls			
	110 Meter Hurdl	110 Meter Hurdles				
	3200 Meter Run					
	800 Meter Relay	,				
	800 Meter Run					
	100 Meter Dash					
	400 Meter Run					
		300 Meter Hurdles				
	200 Meter Dash					
	1600 Meter Run					
	1600 Meter Rela	ı <b>y</b>				
	NO TEAM C	AMPS ON THE TR	ACK INFIELD			
	0	OSSAA RULES APPLY				