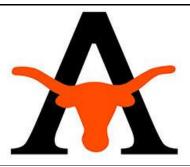


		_		_				
		Ale	ex JH/HS Invitation	nal				
		Thu	ırsday April 1st, 2	.021				
			JH/HS Division					
		Coad	hes Meeting: 9:0	0 am				
		Fi	eld Events: 9:30 a	am				
		Run	ning Events: 10:0	0 am				
Track Coaches:	Alex JH/HS Invitational on Thursday April 1st, 2021 Starting at 9:30 am.							
	Alex JH/HS Invita	itional on Thursda	y April 1st, 2021	Starting at 9:30 a	m.			
		4						
Entry Fees:		\$75 Per Division	-1 /:C1 11 4)					
		\$15 per Individua						
		Make Checks Pay	/able to: Alex Pub	olic Schools				
Awards:		Modals to the to	p 3 in each event.					
Awarus.		ivieuais to the to	p 3 iii eacii eveiit.	•				
Contestants:		Fach school may	enter 3 contesta	nts per event and	1 relav.			
		Athletes may ent						
4 Divisions:		JH Girls, JH Boys,	HS Girls, HS Boys	)				
Track:		New 8 lane all we						
		SHORT SPIKES OF	NLY!					
Timed Finals:		All Events						
		A II D		C.I. EI. II.E				
Parking:		All Buses will par	k on the East side	of the Football F	ield.			
Facilities:		Consossion Brow	idad Haspitality f	for Coachas Browin	l ded. No Dressing I	Pooms		
racilities.		Concession Provi	lued. Hospitality i	Coaches Provid	ded. No Dressing i	NOUTIS		
Entries:	ON INFENTRIES:	* * * * Schools that a	ttend this meet mus	st submit their entrie	s on the new "FNDII	RO" website:		
		. If you are using the i						
	<del>-</del>	ch of Record (school						
	_	licking on "My Roster I						
	DEADLINE: the day	before the meet @5	:00pm Complete	both steps on the "	Entries Window". ("I	Roster Only" meet)		
	* * * NO LATE ENTR	IES * * * Schools who	have not entered on-	line will not be added	at the meet.			
	* * * If you have any q	uestions about your EN	DURO USA account, ple	ease email your question	ns to: kevin@runendur	o.com		
	or message him throug	h your ENDURO USA ac	count.					
		الم المسلم ا	PLEASE RSVP!	in Cohool-				
			ecks to: Alex Publi					
	PO Box 188 Alex, OK 73002 email: mbrand@alex.k12.ok.us or cell: (405)664-2106							
		.maii. mbi andwa	CA.RIZ.OR.US OF C	Cii. (403)004-210				
L	1			1		l .		



		Schedule of Even	ts			
9:00 AM	Coaches Meetin	g 				
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 Boys 16', JH Girls 10', JH Boys 13			
	Shot Put		JH Boys 25', JH G	irls 20', HS Boys	30', HS Girls 25	
	Discus		HS Boys 90', HS Girls 70', JH Boys 80', 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	<u> </u>		
	400 Meter Relay		, ,			
	3200 Meter Rela					
	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 Hurdl	300 Meter Hurdles				
	200 Meter Dash					
	1600 Meter Run					
	1600 Meter Rela	y				
	NO TEAM C	AMPS ON THE TE				
	0	OSSAA RULES APPLY				