

# Ardmore High School



Invitational Track Meet - April 23, 2021

Regional Meet Format - OSSAA RULES APPLY

Please confirm by email to:

Brenda McHatton --- [mchatton@ardmoreschools.org](mailto:mchatton@ardmoreschools.org)

**DIVISIONS:** Varsity Girls & Varsity Boys divisions. Due to the fact that we are anticipating this being a large meet due to hosting the 5A-6A State meet, and regional format, we will allow 3 per event and NO JV teams. All entries must be completed on the ENDURO USA™ website. **[www.endurousa.com](http://www.endurousa.com)**

**ATTENTION COACHES:** the on-line Entry DEADLINE for our meet is April 22rd @ 6pm (Thursday). All entries will be CLOSED at 6pm! - - - No late entries accepted. - - - Schools planning to attend must complete **ALL the Steps** on our meet's "ENTRIES Window" - including the "**VERIFICATION**" step. If your team/school does not complete all the steps (including VERIFICATION) on our meet's "Entries Window", it means your students **ARE NOT ENTERED**. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: [kevin@runenduro.com](mailto:kevin@runenduro.com) - - -

**PREVIEW window:** Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that affect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

**Meet Schedule** - - - **Coaches Meeting:** 8:30 a.m. in the weight room at the field house.

**Field Events:** 9:30 a.m. **Running Events:** 9:45 a.m.

**Divisions:** High School Boys and Girls

**Awards:** Medals for first three (3) places in each individual event, and first three (3) places in relay events. Top team and runner-up in each division will receive a plaque.

**Field Events:** Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts

**Heating:** Heating will be done at the heating benches located on the EAST side of track (**NEW**)

**Concession/Admission:** The concession stand will be open. Admission will be charged for spectators. Restrooms are available.

**Hospitality Room:** There will be a hospitality room for coaches.

**Parking:** Bus parking will be on the East side of the stadium. (We are not in school)

**Team Camps:** No team camps/tents inside the fence surrounding the track, please.

**Entry Fee:** \$90 per Division, or \$170 for both teams, \$15 individual (less than 5 athletes)

**Make Checks payable to: Ardmore High School Track**

**PO Box 1709 Ardmore, OK 73402**

Please contact us with any questions:

Brenda McHatton-Head Girls Coach 580-795-4716(cell) [mchatton@ardmoreschools.org](mailto:mchatton@ardmoreschools.org)

Bryce Bell-Head Boys Coach 580-504-8250 (cell) [bbell@ardmoreschools.org](mailto:bbell@ardmoreschools.org)

## REGIONAL TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement Weather may impact starting times)

A-2A-3A-4A      May 1, 2021  
5A-6A              May 8, 2021

Saturday

8:30 Coaches Meeting

9:30 Starting time

### FIELD EVENTS

9:30	(A-2A)	(3A-4A)	<b>(5A-6A)</b>	Boys High Jump
9:30	(A-2A)	(3A-4A)	<b>(6A-5A)</b>	Girls Long Jump
9:30	(A-2A)	(3A-4A)	<b>(5A-6A)</b>	Girls Shot Put
9:30	(2A-A)	(4A-3A)	<b>(6A-5A)</b>	Boys Discus
9:30	(A-2A)	(3A-4A)	<b>(5A-6A)</b>	Girls Pole Vault
11:00	(2A-A)	(4A-3A)	<b>(6A-5A)</b>	Girls High Jump
11:00	(2A-A)	(4A-3A)	<b>(6A-5A)</b>	Boys Long Jump
11:00	(A-2A)	(3A-4A)	<b>(5A-6A)</b>	Boys Shot Put
11:00	(2A-A)	(4A-3A)	<b>(6A-5A)</b>	Girls Discus
11:00	(2A-A)	(4A-3A)	<b>(6A-5A)</b>	Boys Pole Vault

\*APPROXIMATE  
STARTING TIMES

### PRELIMINARIES

9:45	400 Relay - Girls, Boys
10:05	3200 Relay - Girls, Boys (Final)
11:00	100 H. Hurdles - 33" Girls
11:15	110 H. Hurdles - 39" Boys
11:30	100 Dash - Girls, Boys
11:50	3200 Meter Run - Boys (Final)
12:25	800 Relay - Girls, Boys (Final)
1:05	3200 Meter Run - Girls (Final)
1:40	200 Meter Dash - Girls, Boys

### 2:15 Break for 45 minutes

3:00	400 Meter Relay - Girls, Boys
3:15	800 Meter Run - Girls, Boys
3:50	100 Meter High Hurdles - Girls
4:00	110 Meter High Hurdles - Boys
4:10	100 Meter Dash - Girls, Boys
4:20	400 Meter Dash - Girls, Boys
4:55	300 Meter Low Hurdles - Girls
5:15	300 Meter Int. Hurdles - Boys
5:35	200 Meter Dash - Girls, Boys
5:45	1600 Meter Run - Girls, Boys
6:35	1600 Meter Relay - Girls, Boys

\*NOTE: The games committee may make adjustments in the time schedule if circumstances are justified.