

# Ardmore High School



Invitational Track Meet - April 26, 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. All entries must be completed on the ENDURO USA™ website. [www.enduroussa.com](http://www.enduroussa.com)

**ATTENTION COACHES:** the on-line Entry DEADLINE for our meet is April 25rd @ 6pm (Sunday). 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:** 9:00 a.m. in the weight room at the field house.

**Field Events:** 9:30 a.m. **Running Events:** 10:00 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)

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## Invitational Track Meet

Monday, April 26th, 2021

### ORDER OF EVENTS



#### **Field Events --- 9:30**

9:30- Girls High Jump  
Boys Long Jump  
Boys Shot Put  
Girls Discus  
Boys Pole Vault  
11:00- Boys High Jump  
Girls Long Jump  
Girls Shot Put  
Boys Discus  
Girls Pole Vault

#### **Running Events--10:00 am**

4x100 Relay            Girls-Boys  
4x800 Relay    Girls-Boys  
100 Hurdles            Girls (33)  
110 Hurdles            Boys (36)  
3200 M. Run    Girls-Boys  
4x200 Relay    Girls-Boys  
(30 Minute Break)  
800 M. Run    Girls-Boys  
100 M. Dash    Girls-Boys  
400 M. Dash    Girls-Boys  
300 M. Hurdles        Girls (30)  
300 M. Hurdles        Boys (36)  
200 M. Dash    Girls-Boys  
1600 M. Run    Girls-Boys  
Big Man Relay        (May enter 1 team per school & must have 1 girl)  
4x400 Relay    Girls-Boys

\*A throwers relay will be held prior to the 1600m Relay so that we can make sure all of the throwers are done with field events. Each team must have at least ONE (1) girl.