Ardmore High School

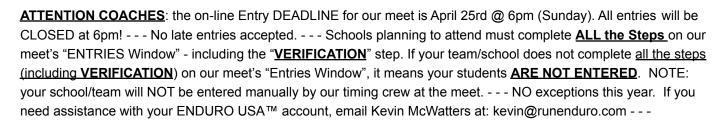
Invitational Track Meet - April 26, 2021

Regional Meet Format - OSSAA RULES APPLY

Please confirm by email to:

Brenda McHatton --- mchatton@ardmoreschools.org

<u>DIVISIONS</u>: Varsity Girls & Varsity Boys divisions. All entries must be completed on the ENDURO USA™ website. **www.endurousa.com**



<u>PREVIEW window</u>: 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

<u>Awards</u>: 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.

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

<u>Heating</u>: Heating will be done at the heating benches located on the EAST side of track (NEW)

<u>Concession/Admission</u>: 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.

<u>Parking:</u> 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) <u>mchatton@ardmoreschools.org</u> Bryce Bell-Head Boys Coach 580-504-8250 (cell) <u>bbell@ardmoreschools.org</u>



Ardmore High School

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

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^{*}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 <u>ONE</u> (1) girl.