



TRACK AND FIELD INVITATIONAL FESTIVAL
Saturday, June 12, 2021

Del City High School
1900 South Sunnyslane Road
Del City, Oklahoma 73115

For additional information, please contact: Keitha Wyatt- 405.570.0639 (esstrackclub@gmail.com)
Timothy Taylor- 405.202.8487 (Timothy.Taylor@davita.com)

ENTRY INFO: Entry fee is \$12 an athlete and must be done in advance. No entry fee will be transferred or refunded. **General admission is \$8/person, 4 and under free.**

ENTRY PROCESS: All teams and unattached athletes must utilize the online entry process via CoachO.com. This will permit a very efficient registration process that is easy to use. Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes does not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving to the meet, if possible. Entries will be available starting May 16th until the deadline, June 11th 5pm. **Please be sure to put in times for your athlete(s) for proper seeding. A NM will put your athlete in an unseeded section. This is a F.A.T meet with MacDonald Timing.**

EVENT INFORMATION: All events will be on a rolling schedule. All track and field rules will be in effect 12 and under 3 events; 13/14 on up 4 events. Athletes must have a wrist band to compete. Age divisions-8 and under (2012&after) 9-10 (2011-2012); 11-12 (2009-2010); 13-14 (2007-2008);15-16 (2005-2006); 17-18 (2003-2004).

COACHES: We will have breakfast served during the early meeting. The location will be provided prior to meet day on CoachO. Coaches must provide a current USATF or AAU card to get in FREE and receive a wrist band. Please have wrist bands on for entrance.

ELIGIBILITY: Open to any athlete unattached or on a team that falls within the age divisions listed on the order of events and **Open/Master** Level Athletes.

FIELD EVENTS: All participants in running events must report to clerk of the course at first call and no later than second call. Field event participants must report directly to the official in charge of the event, when called. If an athlete is in a field event when a running event is called, please have them let the Field Event Judge know that they need to check in for the running event. At the completion of the running event, athlete needs to promptly return. Please be advised, the HJ bar will not be lowered upon an athlete returning. Highly encouraged to ask official to jump out of turn if needed. **EQUIPMENT: Throwers must provide their own implements.**

AWARDS: Medals will be given to the top three finishers at the completion of each event after results have been verified. Please show patience when getting medals.

REFRESHMENTS: Concession Stand and vendors will be open



8:15 AM.
COACHES MEETING

FIELD EVENTS

9:15 AM

LONG JUMP All Age Groups, Open, Masters
SHOT PUT All Age Groups, Open, Masters
HIGH JUMP 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters
DISCUS 17-18MW, 15-16BG, 13-14BG, 11-12BG, Open M&W, MM, MW
****JAVELIN** 17-18MW, 15-16BG, 13-14BG, Open M&W, MM, MW
 (**At the conclusion of the DISCUS when volunteers become available**)

****AERO JAVELIN** 11-12GB
 (**At the conclusion of the JAVELIN when volunteers become available**)

****TURBO-JAVELIN** 9-10GB, 7-8GB, 6&Under
 (**At the conclusion of the AERO JAVELIN when volunteers become available**)

13-14,GB 15-16GB, 17-18WM

POLE VAULT

*Field events for 12 and under will be a three jump/throw final
 13 and up will be a four jump/throw final*

ROLLING SCHEDULE

ALL TIMED FINALS

Schedule subject to change as needed

9:00AM

Dedications

9:30AM

1500M Race Walk 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters
3000M RUN 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters
110M HURDLES 15-16B, 17-18M, Open, Masters
100M HURDLES 15-16G, 17-18W, 13-14GB,
80M HURDLES 11-12GB
4x100M RELAY All Age Groups, Open, Masters
4x100M RELAY BenGay Relays (PARENT,COACHES,POLICE VS FIREMEN)
Future Stars of Track and Field- under 5 (50m dash)
100M All Age Groups, Open, Masters
800M RUN All Age Groups, Open, Masters
200m HURDLES 13-14GB
400m HURDLES 15-16GB, 17-18WM, Open, Masters
400M All Age Groups, Open, Masters
200M All Age Groups, Open, Masters
1500M RUN All Age Groups, Open, Masters
4 X 400M RELAY All Age Groups, Open, Masters

** Schedule is subject to change**