

Edmond Memorial High School

Varsity Invitational

Wednesday April 21, 2021

Entry:

- Entries will be completed online through Enduro Entries.
- This meet will be pre-seeded entries
- We are going to limit this meet to 8 schools.

Entry Fee: \$90 per team / \$180 for BOTH (girls and boys teams)

Awards: will be given to 1st through 3rd place only. Team awards will be given to first place of each gender.

Field events: will be given 15 min warmup followed by 3 attempts top 8 will go to finals for 3 more attempts.

OSSAA Rules Apply.

Implements: Weigh in is at 8:30am in the equipment shed

Please Contact: Chris Lowery at chris.lowery@edmondschools.net or Tyler Sergent at tyler.sergent@edmondschools.net

Coaches Meeting: 8:30AM in track fieldhouse weight room (South East Corner of Track)

Order of Events

Running Start: 9:15am

400 Meter Relay (Prelims) Girls- Boys

3200 Meter Relay Girls- Boys

100 Meter Hurdles (Prelims) Girls

110 Meter Hurdles (Prelims) Boys

100 Meter Dash (Prelims)

(15 min break)

3200 Meter Run Girls

800 Meter Relay Girls- Boys

3200 Meter Run Boys

(45 min break)

400 Meter Relay (Finals) Girls- Boys

800 Meter Run Girls- Boys

100 Meter Hurdles (Finals) 33" Girls

110 Meter Hurdles (Finals) 39" Boys

100m Dash (Finals) Girls-Boys

(15 min break)

400 Meter Dash Girls- Boys

300 Meter Hurdles 30" Girls

300 Meter Hurdles 36" Boys

200 Meter Dash Girls- Boys

1600 Meter Run Girls- Boys

1600 Meter Relay Girls- Boys

Field Events Start: 9:00am

Shot Put: Girls-Boys

Discus: Boys-Girls

Long Jump: Girls-Boys

High Jump: Boys-Girls

Pole Vault: Girls-Boys