



Ardmore Middle School



Invitational Track Meet-April 21, 2022

Please send confirmation email to JyWayne Allen at jallen@ardmoreschools.org

DIVISIONS: 7th and 8th Grade Girls & Boys divisions.

ATTENTION COACHES: On-line Entry DEADLINE for our meet is April 20th @ 6pm (Wednesday). (((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the Steps on the ourmeet's ENTRIES Window". If your team/school does not complete all the necessary steps, your school/team can 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 - - - Please log into your ENDURO USA™ account at: www.endurousa.com

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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.

Coaches Meeting: 8:30 a.m. in the field house.

Starting Time: Field Events: 9:00 a.m. - - - Running Events: 10:00 a.m.

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

Field Events: Each competitor will have to achieve a qualifying mark in the throws and long jump with marks to be determined at the coaches meeting. Pole Vault and High jump starting heights will also be determined at the coaches meeting.

Heating: Heating will be done at the heating benches located on the NORTHWEST corner of the track in the fenced area(near the start of the 100 dash)

Concession/Admission: The concession stand will be open. Admission will be charged for spectators(\$5 for adults, \$3 for students, 65+ and Military/First Responders are free with proof of qualification). Restrooms are available.

Hospitality Room: There will be a hospitality room for coaches in the fieldhouse.

Parking: Bus parking will be on the West side of the stadium by the Baseball/Softball fields.

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

Entry Fee: \$60 per Division, or \$200 for all four divisions. \$10 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:

Cee Ann Cathey-Head Girls Coach
580-223-2475(school)
ccathey@ardmoreschoolr.org

JyWayne Allen-Head Boys Coach
580-630-4849(cell)
580-223-2475(school)
jallen@ardmoreschools.org

Thursday, April 21, 2022

Order of Events

Field Events 9:00

9:00- Girls High Jump

Boys Long Jump

Boys Shot Put

Girls Discus

Boys Pole Vault(combined grades, awards will be split)

12:00- Boys High Jump

Girls Long Jump

Girls Shot Put

Boys Discus

Girls Pole Vault(combined grades, awards will be split)

Running Events 10:00

400 Relay Girls, Boys

3200m Relay Girls, Boys

100m Hurdles Girls

110m Hurdles Boys

3200m Run Girls(combined grades, awards will be split)

3200m Run Boys(combined grades, awards will be split)

<proposed 20 minute lunch break>

800m Relay Girls, Boys

800m Run Girls, Boys

100m Dash Girls, Boys

400m Dash Girls, Boys

300m Hurdles Girls, Boys

200m Dash Girls, Boys

1600m Run Girls, Boys

1600m Relay Girls, Boys