



Ardmore High School



Invitational Track Meet-April 22, 2022
Regional Meet Format-OSSAA RULES APPLY
Please send confirmation email to Bryce Bell at
bbell@ardmoreschools.org

DIVISIONS: Varsity Girls & Varsity Boys divisions. In anticipation of having large numbers due to hosting the 5A-6A State meet, we will be following the regional order of events format and will only allow 3 competitors per event and NO JV teams.

ATTENTION COACHES: On-line Entry DEADLINE for our meet is April 21st @ 6pm (Thursday). (((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

- - - NEW - - -

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.

Field Events: 9:30 a.m. - - - Running Events: 9:45 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 NORTHWEST corner of the track in the fenced area(same location from last years meets)

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 in the fieldhouse.

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:

Destinee Allen-Head Girls Coach
580-319-2585 (cell)
dallen@ardmoreschools.org

Bryce Bell-Head Boys Coach
580-504-8250(cell)
580-226-7680 ext. 2140
bbell@ardmoreschools.org

Friday, April 22, 2022

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

PRELIMINARIES-9:45 am

400 M. Relay-Girls/Boys
3200 M. Relay-Girls/Boys (Final)
100 M. Hurdles-33" Girls
110 M. Hurdles-39" Boys
100 M. Dash-Girls/Boys
3200 M. Run-Boys (Final)
800 M. Relay-Girls/Boys (Final)
3200 M. Run-Girls (Final)
200 M. Dash-Girls/Boys

<Proposed 45 Minute Break>

FINALS-2:30 pm

400 M. Relay- Girls/Boys
800 M. Run-Girls/Boys
100 M. Hurdles-Girls
110 M. Hurdles-Boys
100 M. Dash-Girls/Boys
400 M. Dash-Girls/Boys
300 M. Hurdles- Girls/Boys
200 M. Dash-Girls/Boys
1600 M. Run-Girls/Boys
1600 M. Relay-Girls/Boys

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