



DEER CREEK EARLY SEASON TRACK FESTIVAL

Date: **Friday, March 4, 2022**; Team limit: **10 teams, and those teams must be confirmed by email/phone contact prior to receiving an invitation code.** This is an "Invitation Only" meet. **For coaches/teams attending, this meet will allow unlimited entries in the 100m and 1600m so that all athletes will have an opportunity to get a time/mark to begin the season and move forward, but for more than 3 in any other event, you will need to request to enter a B team and pay for that team additionally.** This will be a "seeded entries" meet this year. If you plan on attending, you must contact David Riden to obtain the "Invitation Code" so you can add our meet to your schedule within your ENDURO USA account on the Basic Meet Information window.

IMPORTANT (NEW): be sure to visit our meet's "PREVIEW" window on the ENDURO USA website immediately before departing for our meet for any last minute changes that could affect our meet.

Entry Fees: \$100.00 per team (boys team & girls team= **\$200**); **\$60** for each B team or up to **\$120**

Entry Fees to: **Deer Creek High School Attn: David Riden 6101 NW 206th Edmond, OK 73012**

Time: Coaches Meeting Notes will be sent out night before by 8 PM --- Running and Field events @3:30 PM

Location & Parking: Deer Creek High School & PAAC (Performing Arts & Athletic Center)

Meet Contact: David Riden: 405-627-5541; davidriden@dcsok.org

Other important information: *Please communicate your needs and numbers in terms of athletes. By keeping the number of schools small, we hope to facilitate opportunities for A & B athletes to compete; however, we obviously need to be conscientious about numbers in the present climate. Medals to top 3 per event.

- This meet will be **seeded and pre-heated** in advance; heating benches will serve primarily as a check-in station for athletes and coaches. Athletes will report to the starting line no more than 10 minutes before the start of their event or heat.
- **Campsites** will be in designated grass areas around/outside the track facility.
- All warming up and/or cooling down must be done **outside the track facility**, not on the infield.
- **Admission** will be **\$5**.
- **Limited concession**, so athletes and teams are encouraged to bring food and water.
- Planned **hospitality** room for coaches.

ATTENTION COACHES --- On-line Entries are to be completed online at: www.endurousa.com If you do not already have an account, you will need to visit the "ENDURO USA" website (www.endurousa.com). After you set up your new account, you must UPGRADE your account to "Coach of Record (school meets)". To do so, click on your name at the top of the Home Page for the link to the "Upgrade Account" window. After you upgrade to "Coach of Record (school meets)", click on "My Roster List" (in the left navigation panel) – then on "Student Rosters" to find your Main Roster window to add students and enter the meet. If you need assistance with your ENDURO USA account, message Kevin McWatters through your account. (Click on "Send a Message" in the navigation panel.) **Entry deadline: the day before the meet at 6PM. - - - Teams will NOT be added at the meet.**

Summary ---- The instructions to set up your ENDURO account are on the Home Page. If you need further assistance with your ENDURO USA account message Kevin McWatters through the messaging feature within your account. (The message feature is in the left navigation panel.) Remember - - - this is a "Roster" entries meet. So, complete all on-line entry steps. This is an "Invitation Only" meet. If you plan on attending, you must contact me (David Riden) to obtain the "Invitation Code" so you can add our meet to your schedule within your ENDURO USA account on the Basic Meet Information window.

DEER CREEK PRE-SEASON TRACK FESTIVAL ORDER OF EVENTS

Field Events to begin at 3:30 PM and Running Events at 3:30 PM

4x100 meter relay G-B

4x800 meter relay G-B

100 meter hurdles G

110 meter hurdles B

100 meter dash G-B

3200 meter run G-B

4x200 meter relay G-B

800 meter run G-B

400 meter run G-B

300 meter hurdles G-B

200 meter dash G-B

1600 meter run G-B

4x400 meter relay G-B

Discus G-B

Shot Put B-G

High Jump B-G

Long Jump G-B

Pole Vault G & B (start together and move up through the heights)