



EDMOND NORTH RELAY FESTIVAL

EDMOND NORTH HIGH SCHOOL, MARCH 24, 2022

Attention Coaches

Entry Procedure:

1. Receive Entry Code from Meet Director once your team is accepted into the meet.
2. Use endurouso.com to enter athletes into the meet. Follow entry restrictions, please. No athletes can be entered after the deadline.
3. Please enter accurate Seed Marks for each athlete. This is important for a smoothly run meet.

Entry deadline is **Wednesday, March 23 at 6:00 PM.**

- Meet Directors:** Stephen Evans, stephen.evans@edmondschools.net
Cara Bowerman, cara.bowerman@edmondschools.net
- Start Time:** 3:30 Coaches Meeting. 3:45 Start. See page 2 for Order of Events.
- Entries:** Three individual entries and one relay per event for Varsity. JV entries allowed in events listed on the Order of Events.
- Rules:** OSSAA and National Federation rules. Each participant is limited to four events.
- Scoring:** Individual: 10-8-6-5-4-3-2-1; Relays: 20-16-12-10-8-6-4-2
- Divisions:** Two Divisions: Girls, Boys
- Awards:** Medals will be awarded to the top three finishers in each division in all events. Team Award to the winning team in each division
- Food:** Hospitality room for coaches. Concessions will be open for athletes and spectators.
- Entry Fee:** \$150 entry fee per division (\$300 for boys and girls).
- Mail payment to:
- Edmond Public Schools**
Attn: Karen Young
1001 West Danforth
Edmond, OK 73003
(405) 340-2800



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FIELD EVENTS

Participants will receive three attempts in the Shot Put, Discus, and Long Jump; the top nine will go to Finals. Athletes must report by the 3rd call of their events. Track events take precedence, so athletes competing in multiple events must inform the event judge when leaving for an event and be diligent about returning. Pits and throwing areas will not be held open for athletes following the conclusion of their division's competition.

Qualifying Standards All legal marks will be measured.

Height Progressions

Girls PV: 6', 7', 8', 8'6" ...
 Boys PV: 8', 9', 10', 11', 11'6" ...
 Girls HJ: 4'4", 4'6", 4'8", 4'10" ...
 Boys HJ: 5'4", 5'7", 5'10", 6'0" ...

3:45 High Jump	Boys, Girls
Long Jump	Girls, Boys
Discus Throw	Girls, Boys
Shot Put	Boys, Girls
3:50 Pole Vault	Boys, Girls
5:30 Triple Jump	all divisions

TRACK EVENTS

We will be on a rolling schedule. All running events are pre-seeded timed finals using a FAT system. Athletes must report to the start line by the 3rd call. There will be no heating benches—the clerk will be at the start line.

3:45 4x100m Relay	Girls, Boys (JV team allowed)
DMR (12-4-8-16)	Girls, Boys (JV team allowed)
Shuttle Hurdle Relay	MIXED GENDER (girl-boy-girl-boy)
100m Dash	Girls, Boys (JV entries allowed)
3200m Run	Girls (JV entries allowed)
4x200m Relay	Girls, Boys
800m Run	Girls, Boys
SMR (2-2-4-8)	Girls, Boys
3200m Run	Boys (JV entries allowed)
400m Dash	Girls, Boys
300m Hurdles	Girls, Boys
200m Dash	Girls, Boys (JV entries allowed)
1600m Run	Girls, Boys (JV entries allowed)
4x400m Relay	Girls, Boys (JV teams allowed)