

Midwest City High School Junior Varsity Invitation
Thursday, April 7, 2022
Midwest City High School
Rose Field



Rose Field 701 East Lockheed Ave,
Midwest City ,Ok 73110
Meet Director-Timothy Thomas
MCHS
Meet Official/Starter- John Salvador



Coaches meeting 3:30 p.m.
Running Events 3:50 p.m.
Field Events 3:50 p.m.
ALL TIMED FINALS/F.A.T.

ONLINE ENTRY PROCESS : Schools planning to attend this meet must submit their entries on the ENDURO USA website (www.endurousa.com). This meet is open to the first 8 teams that are interested in attending. IF you plan on attending, You must do the following: You must notify Tim Thomas that you plan to attend.(tthomas@mid-del.net) This is a " Invitation Meet+"Once I receive the INVITATION CODE I will send it out. ATTENTION Coaches Complete ALL steps on the %Entries Window+including the %MERIFICATION+step. If the %MERIFICATION+step is not complete your entries will NOT be accepted. The online entry deadline for this meet is: Wednesday April 6th by 5:00pm. NO LATE ENTRIES * * * Schools who have not entered online will NOT be added at the meet. (No exceptions.) : If you have any questions about your ENDUROUSA account email Kevin McWatters at: kevin@runenduro.com NEW : please be sure to visit the " Meet Preview " window for our meet on the ENDUROUSA website BEFORE departing for our meet in case there are any last minute changes. We will post any last minute information concerning bad weather prior to Track meet you can also call Tim Thomas (405) 219-0458

Entry fee: \$160 for each Schools Junior Varsity (\$80 Boys / \$80 Girls) No Refunds.

Send Entry Fee to:
Midwest City High School
Attention: Kelley Ross
213 Elm Street
Midwest City, OK 73110

Divisions: Junior Varsity

There will be **NO** team champion declared in the Junior VARSITY

Medals:

3 individuals/1 relay per team! NO "B" TEAMS ALLOWED!
3 medals for individual events
3 medals for relay events! In both divisions!

Concession: Football booster will operate concession stand.

Team Camps: Camp on outer perimeter of the Track and under the Stands, No CAMPING in Stands

Meet Director - Timothy Thomas, MCHS Head Coach.

NO dressing facilities @ the track/Restrooms are provided.

Coaches There will be a Hospitality Room.

***Coaches meeting 3:30 p.m.

***Running Events 3:50 p.m.

***Field Events 3:50 p.m.

***ALL TIMED FINALS/F.A.T

***Go to trackroster.com to enter your athletes by Friday 4/7/22

Order of Events:

3:30 pm Coaches Meeting (On The Football Field)
3:50 pm Field Events
3:50 pm Running events and timed finals

Field Events - 3:50 pm

High Jump	Girls – Boys
Long Jump	Boys – Girls
Discus	Girls – Boys
Shot	Boys – Girls
Pole Vault	Boys – Girls

Running Events – 3:50 pm

4 x 100 Relay	Girls – Boys
4 x 800 Relay	Girls – Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Girls – Boys
4 x 200 Relay	Girls – Boys
800 Dash	Girls – Boys
100 Dash	Girls – Boys
400 Dash	Girls – Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (30)
200 Dash	Girls – Boys
1600 Run	Girls – Boys
4 x 400 Relay	Girls – Boys



MIDWEST CITY INVITATIONAL INVOICE

SCHOOL _____
ACTIVITY MCHS Track Meet
ACTIVITY DATE 4/7/2022

ENTRY FEE: JUNIOR VARSITY: \$80 per team (\$160 for both boys & girls)

AMOUNT DUE _____

**PLEASE MAKE CHECKS PAYABLE TO:
MIDWEST CITY HIGH SCHOOL TRACK AND FIELD
213 ELM STREET
MWC OK 73110
ATTN: KELLEY ROSS**