



FOLDS of HONOR

OWASSO HIGH SCHOOL TRACK INVITATIONAL

Friday, March 4th – 2022

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - -

ONLINE ENTRIES DEADLINE: the day before the meet @ 5:00pm. - Complete ALL of the steps on the "Entries Window". **TEAMS WILL NOT BE ADDED AT THE MEET.**

If you're using the website for the first time and need rosters added to your account - - - or if you need rosters switched from a previous coach to you, contact Kevin (see below).

If you need help with your ENDURO USA™ account, please email your questions to: kevin@runenduro.com - - - or message Kevin through your ENDURO USA™ account.

MEET INFORMATION:

→ **Entries will be completed online through Enduro Entries.**

- ◆ This meet is by invite only and so your team will need the passcode to enter.
- ◆ We are going to limit this meet to 12 Teams.
- ◆ Please email me about what divisions your team will be bringing to the meet.
- ◆ steve.parker@owassops.org

→ **Entry Fee is \$100 per division.**

- ◆ We have 2 divisions. (Divisions - HS Boys and Girls). If you have a "B Team" (JV or Freshmen) the cost will be \$50 for each.
- ◆ Make checks payable to Owasso High School.
- ◆ You can hand deliver check on the day of the meet or send it to: Coach Steve Parker, Owasso High School, 12901 E. 86th St. N., Owasso, Ok 74055

→ **Entries are due by Thursday, March 5th at 12:00am**

- ◆ The HS Division has unlimited athletes per event and unlimited relay teams.
- ◆ You may edit and update your entries online any time before the entry deadline.
- ◆ All submitted entries in the system at the entry deadline will be considered FINAL.

→ **Coaches Meeting** will be at **12:00pm** in the Multipurpose Building just west of the track.

→ **Field Events** will begin at **12:15pm**

- ◆ Pole Vault (HS Boys & HS Girls will jump together).

→ **Running Events** will begin at **12:30pm** and will follow a rolling time schedule with no break.

- ◆ We will run time finals. No prelims. Fastest heat will run first.

→ **No hip Numbers**

→ **¼ Inch Spikes** or less permitted.

→ **Bus Parking:** Will be posted. Drop off athletes at the track and then buses will be shown where to park.

→ **Tents** may be set up in the NW corner of the track.

- ◆ No tents or camps on the infield.

→ **Scoring:**

- ◆ The following Team scoring system will be used:
 - Individual Events: 10-8-6-5-4-3-2-1
 - Relay Events: 10-8-6-5-4-3-2-1 NO DOUBLE POINTS!!



- Only one Relay team will receive Team Points.
- Only three members from one school will receive Team Points in individual events.

→ **Timing:**

- ◆ **ENDURO TIMING SYSTEMS** will be used.

→ **Field Events:**

◆ **Horizontal Jumps** (Long Jump)

- **First legal Jump will always be marked**, then each successive jump that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
- Minimums will be based on entry marks.
- Athletes will receive 3 Jumps and the top 9 to finals. 3 Jumps in finals.

◆ **Throws:**

- **First legal Throw will always be marked**, then each successive throw that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
- Minimums will be based on entry marks.

◆ **High Jump** will compete using a 3-Active format.

◆ **Pole Vault** will use a 5-Active format.

◆ **Runway Markings:**

- Chalk & Tape are permitted.

→ **Weigh-In:**

- ◆ Weigh-In Time during or before the coaches meeting.
- ◆ Implements will be weighed and certified prior to the throwing events.
- ◆ Meet officials have the discretion to withhold any throwing implements that do not meet weight or quality.

→ **Height Progressions:**

- ◆ Opening heights: Will be based on entries

→ **Awards:**

- ◆ If you finished 1st, 2nd or 3rd in your event you will receive a medal.
- ◆ Team winners will receive a team trophy.

→ **Contact Information**

- ◆ Steve Parker Head Coach
- ◆ Owasso High School, 12901 E. 86th St N., Owasso, Ok 74055
- ◆ Email: steve.parker@owassops.org



12:15 PM Field Events

High Jump	HS Boys	HS Girls
Pole Vault	HS Girls	HS Boys
Long Jump	HS Girls	HS Boys

Shot/Discus is east of the track behind the baseball field

Discus	HS Boys	HS Girls
Shot	HS Girls	HS Boys

12:30PM Running Events Time Finals in ALL EVENTS

4x800m Relay	Girls	Boys
100m Hurdles	Girls	Boys
110m Hurdles	Girls	Boys
100m Dash	Girls	Boys
3200m Run	Girls	
4x200m Relay	Girls	Boys
3200m Run		Boys
4x100m Relay	Girls	Boys
800m Run	Girls	Boys
400m Run	Girls	Boys
300m Hurdles	Girls	Boys
200m Dash	Girls	Boys
1600m Run	Girls	Boys
4x400m Relay	Girls	Boys



Coaches:

Coaches Meeting at 12:00pm

Field Events at 12:15pm

Running Events at 12:30pm

Please enter the High School from the south and drop off your team. Park across the street in the Wal-Mart parking lot.