



ACAC MIDDLE SCHOOL TRACK MEET

SATURDAY, APRIL 22nd, 2023

SPEEGLE STADIUM

This will be a 2 division meet. MS Girls and MS Boys only. (Not divided into grade levels)

Coaches meeting starts @ 9:00 am

Field Events start @ 9:30 am

Running Events start @ 9:45

All entries will be entered ONLINE @ www.endurousa.com

ATTENTION COACHES: The on-line entry **DEADLINE** is Friday April 21st @ 1:00 pm.

All entries will be CLOSED at 5pm! --- NO LATE ENTRIES ALLOWED --- schools must submit entries by completing **ALL of the STEPS** on our meet's "Entries Window" – **INCLUDING the Verification Step.** **If your team does not complete ALL of the online entry steps, it means your athletes ARE NOT ENTERED. Note: Your Team will not be entered manually at the meet! NO EXCEPTIONS!** If you need assistance with your ENDUROUSA account, email Cara at: cara@runenduro.com **Kids will report to heating benches to be heated. If a kid fails to report to be heated, they will not be added at the start line. Coach your kids in how to get heated.**

PREVIEW WINDOW: Before you leave to come to Speegle Stadium, view our meet's PREVIEW window for any last-minute information that can affect the meet. To find our meet's PREVIEW window, login and then click on our meet in the "Student Meets & Events List. (On the Right)

Order of Events:

4X100 RELAY GIRLS – BOYS

4X800 RELAY GIRLS – BOYS

100M HURDLES – GIRLS 30 INCHES / 110M HURDLES – BOYS 33 INCHES

3200M RUN GIRLS – BOYS (MAY RUN TOGETHER DEPENDING ON NUMBER OF ATHLETES AND TIMING OF MEET)

4X200 RELAY GIRLS – BOYS

800M GIRLS – BOYS

100M DASH GIRLS – BOYS

400M DASH GIRLS – BOYS

300M HURDLES GIRLS – BOYS

200M DASH GIRLS – BOYS

1600M RUN GIRLS – BOYS (SEPARATE)

4X400 RELAY GIRLS – BOYS

FIELD EVENTS: 3 throws/3 jumps only. All measured. No Finals.

9:30 AM FIRST GROUP: Long Jump-boys, High Jump-Girls, Shot-Boys, Disc-Girls

At approximately 11:30 AM SECOND GROUP: Long Jump-Girls, High Jump-Boys, Shot-Girls, Disc-Boys



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COACHES/Workers INFO AND GUIDELINES:

1. **Make sure your athletes are entered into endurouza.com by 5:00 PM on April 21st!**
2. **Make sure your athletes are eligible or cleared by principal with Cindy Elder before participating.**
3. Each school will have a designated camp area. Please keep your athletes in that designated camp area as much as possible. Athletes are not allowed on the infield unless they are getting heated up for their race. This will aid in the timing of events and the smooth running of the meet. Hurdle practice will be limited to the track before the races. All fans/spectators should remain in the stands.
4. Coaches and athletes are not allowed to run with athletes who are running in an event.
5. **Each Athlete may only participate in a total of 4 events. This includes Relays and Field Events. (EX: John is in 2 relays so he can only be in 2 individual events. Jayla is in Long jump, 1 relay and high jump so she can only be in 1 individual event)**
6. The WEST gate will be open for teams starting at 8:00am. Please have your team arrive together. This gate will be closed at 9:00 am. After 9:00 am, athletes will need to enter through the SE gate and will need to be in uniform to enter.
7. Fans will enter through the SE gate. The fan gate will open at 9:00 am.
8. Tickets are \$5 for everyone school age and above. Coaches and district passes will be honored.
9. There will be a full concession available. Make sure your camp area is clean before your team leaves.
10. Awards will be given out after the 4x400 relay. Please do not ask for them early.

Questions? Kim Mitchell 405 824-7474 kdmitchell@okcps.org or Cindy Elder 405 248-6639
canordyke@okcps.org