



**Alex ELEM & JH Invitational
March 21st, 2023
ELEM, JH Divisions**

**Coaches meeting: 9:00 am
Field Events: 9:30 am
Running Events: 10:00 am**

Track coaches: This invitational is for Elementary (5-6) and Junior High (7-9) teams.

Entry fees: \$75 per Division
\$15 per individual (if less than 4 members on a team)
Make checks payable to Alex Public Schools

Awards: Medals to the top 3 in each event.

4 Divisions: ELM Girls, ELM Boys, JH Girls, JH Boys

Timed Finals: All events

Track: 8 lane all weather surface. Short spikes only.

Parking: Buses park on east side of football field.

Facilities: Concession provided. Hospitality for coaches. No dressing rooms

Entries: All team entries must be emailed to ibyrne@alex.k12.ok.us before meet date. This is a roster of each team with events. "B Teams" will not medal. Please limit 3 "A Team" and 3 "B Team" participants to each event.

ATTENTION COACHES: the On-line Entry DEADLINE is: **March 20th @ 1pm**. (((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the "**ENTRIES Window**" – including the "**Verification Step**". If the "Verification Step" is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara at: cara@runenduro.com

Send checks to: Alex Public Schools
P.O. Box 188
Alex, OK 73002

Email: ibyrne@alex.k12.ok.us cell (405) 974-1742



Schedule of events

9:00 am	Coaches meeting	
9:30 am	Field events	3 throws, 3 jumps, no finals
	High jump	ELM Girls, ELM Boys, JH Girls 3'6", JH Boys 4'2"
	Long jump	JH Girls 10', JH Boys 13', ELM Girls, ELM Boys
	Shot put	ELM Boys, ELM Girls, JH Boys 25', JH Girls 20'
	Discus	JH Boys 70', JH Girls 50', ELM boys, ELM Girls
	Pole vault	JH Boys, JH Girls
10:00 am	Running Events	
	Order: ELM Girls, ELM Boys, JH Girls, JH Boys	
	400 Meter Relay	
	3200 Meter Relay	JH Girls, JH Boys
	100 Meter Hurdles	ELM Girls, ELM Boys, JH Girls
	110 Meter Hurdles	JH Boys
	800 Meter Relay	
	800 Meter Run	
	100 Meter Dash	
	400 Meter Run	
	300 Meter Hurdles	JH Girls, JH Boys
	200 Meter Dash	
	1600 Meter Run	JH Girls, JH Boys
	1600 Meter Relay	

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY