



**Alex 8-Man Invitational
Friday, March 24th, 2023
HS/JH Division**

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

Track coaches: On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex HS Invitational on Friday, March 24th, 2023 starting at 9:30 am. This invitational is for High School and Junior High 8-Man Schools only.

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: JH Girls, JH Boys, HS Girls, HS 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 completed online. www.enduro.com

Send checks to: Alex Public Schools
P.O. Box 188
Alex, OK 73002
Email: i Byrne@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	JH Girls 3'6, JH Boys 4'2, HS Girls 4', HS Boys 5'2
	Long jump	HS Girls 13', HS Boys 16', JH Girls 10, JH Boys 13'
	Shot put	JH Boys 25', JH Girls 20', HS Boys 30', HS Girls 25'
	Discus	HS Boys 90', HS Girls 70', JH Boys 70', JH Girls 50'
	Pole vault	JH Boys, JH Girls, HS Boys, HS Girls
10:00 am	Running Events	
	Order: JH Girls, JH Boys, HS Girls, HS Boys	
	400 Meter Relay	
	3200 Meter Relay	
	100 Meter Hurdles	JH Girls, HS Girls
	110 Meter Hurdles	JH Boys, HS Boys
	3200 Meter Run	
	800 Meter Relay	
	800 Meter Run	
	100 Meter Dash	
	400 Meter Run	
	300 Meter Hurdles	
	200 Meter Dash	
	1600 Meter Run	
	1600 Meter Relay	

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY