

## Alex HS Invitational Friday, March 31st, 2023 HS 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 31st, 2023 starting at 9:30 am. This invitational is for High School teams, 3A and below 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.

**2 Divisions:** 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.

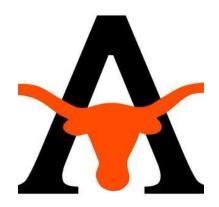
Facilities: Concession provided. Hospitality for coaches. No dressing rooms

Entries: All team entries must be completed online. <u>www.enduro.com</u>

Send checks to: Alex Public Schools

P.O. Box 188 Alex, OK 73002

Email: <a href="mailto:ibyrne@alex.k12.ok.us">ibyrne@alex.k12.ok.us</a> cell (405) 974-1742



Schedule of events

9:00 am	Coaches meeting
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3.30 and field events 3 throws, 3 jumps, no mid.	9:30 am	Field events	3 throws, 3 jumps, no finals
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High jump HS Girls 4', HS Boys 5'2
Long jump HS Girls 13', HS Boys 16'
Shot put HS Boys 30', HS Girls 25'
Discus HS Boys 90', HS Girls 70'

Pole vault HS Boys, HS Girls

## 10:00 am Running Events

Order: HS Girls, HS Boys

400 Meter Relay
3200 Meter Relay
100 Meter Hurdles
110 Meter Hurdles
3200 Meter Run
800 Meter Relay
800 Meter Run
100 Meter Dash
400 Meter Run
300 Meter Hurdles
200 Meter Dash
1600 Meter Run

## NO TEAM CAMPS ON THE INFIELD

**OSSAA RULES APPLY**