



# Ardmore Middle School



Invitational Track Meet - April 3rd, 2023

Please send confirmation email to JyWayne Allen at

[jallen@ardmoreschools.org](mailto:jallen@ardmoreschools.org)

DIVISIONS: 7th and 8th Grade Girls & Boys divisions.

\*\*\*\*\*PLEASE READ\*\*\*\*\*

Due to construction on our LJ, HJ and PV Runways, this meet is susceptible to being canceled. Our contract with the construction company guarantees completion by April 1st. Please be prepared to make a change to your schedule if they face any delays that they/we cannot control. In the event of delays that would cancel this meet, we will update on OHS Track website as soon as possible. We apologize for any inconvenience this may cause. Thank you!

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Sunday, April 2<sup>nd</sup> @ 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](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)

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**PREVIEW window:** Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that affect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

**Coaches Meeting:** 8:30 a.m. in the field house.

**Starting Time:** Field Events: 9:00 a.m. - - - Running Events: 10:00 a.m.

**Awards:** Medals for first three (3) places in each individual event, and first three (3) places in relay events. Top team in each division will receive a plaque.

**Field Events:** Each competitor will have to achieve a qualifying mark in the throws and long jump with marks to be determined at the coaches meeting. Pole Vault and High jump starting heights will also be determined at the coaches meeting.

**Heating:** Heating will be done at the heating benches located on the NORTHWEST corner of the track in the fenced area(near the start of the 100 dash)

**Concession/Admission:** The concession stand will be open. Admission will be charged for spectators(\$5 for adults, \$3 for students). Restrooms are available.

**Hospitality Room:** There will be a hospitality room for coaches in the fieldhouse.

**Parking:** Bus parking will be on the West side of the stadium by the Baseball/Softball fields.

**Team Camps:** No team camps/tents inside the fence surrounding the track.

**Infield:** Coaches ONLY on the infield. Spectators need to be seated in bleachers, only.

**Entry Fee:** \$60 per Division, or \$200 for all four divisions. \$10 individual (5 or fewer athletes)

**Make Checks payable to Ardmore High School Track**

**PO Box 1709 Ardmore, OK 73402**

Please contact us with any questions:

Kimiko Fritts-Head Girls Coach

580-223-2475(school)

[kfritts@ardmoreschools.org](mailto:kfritts@ardmoreschools.org)

JyWayne Allen-Head Boys Coach

580-630-4849(cell)

[jallen@ardmoreschools.org](mailto:jallen@ardmoreschools.org)

Monday, April 3rd, 2023

Order of Events

**Field Events 9:00**

9:00- Girls High Jump

Boys Long Jump

Boys Shot Put

Girls Discus

Boys Pole Vault(combined grades, awards will be split)

12:00- Boys High Jump

Girls Long Jump

Girls Shot Put

Boys Discus

Girls Pole Vault(combined grades, awards will be split)

**Running Events 10:00**

400 Relay Girls, Boys

3200m Relay Girls, Boys

100m Hurdles Girls

110m Hurdles Boys

3200m Run Girls(combined grades, awards will be split)

3200m Run Boys(combined grades, awards will be split)

<proposed 20 minute lunch break>

800m Relay Girls, Boys

800m Run Girls, Boys

100m Dash Girls, Boys

400m Dash Girls, Boys

300m Hurdles Girls, Boys

200m Dash Girls, Boys

1600m Run Girls, Boys

1600m Relay Girls, Boys

\*A throwers relay will be held prior to the 1600 M. Relay so that we can make sure that all of our throwers are done with field events. Each team must have at least ONE (1) female.