



Ardmore High School



Invitational Track Meet - Monday, April 10th, 2023

Timed Finals - OSSAA RULES APPLY

Please send a confirmation email to Bryce Bell at bbell@ardmoreschools.org if planning to attend.

DIVISIONS: **4A and below ONLY.** Varsity Girls & Varsity Boys divisions. We will be following the standard order of events format and will allow more than three competitors per event.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Sunday, April 9th @ 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 Branson at: cara@runenduro.com

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: 9:00 a.m. in the field house.

Start Time: Field Events: 9:30 a.m. - - - Running Events: 10:30 a.m.

Awards: Medals for first three (3) places in each individual event, and first three (3) places in relay events. Team Champion and runner-up in each division will receive a plaque.

Field Events: Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts

Heating: Heating will be done at the heating benches located on the NORTHWEST corner of the track in the fenced area(see attached map).

Concession/Admission: The concession stand will be open. Admission will be charged for spectators(\$5 for adults, \$3 for students, Seniors/Military/First Responder are FREE).

Restrooms are available.

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

Parking: Bus parking will be on the East side of the stadium. We are out of school.

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

Entry Fee: \$90 per Division, or \$170 for both teams, \$15 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:

Destinee Allen - Head Girls Coach

580-319-2585 (cell)

580-226-7680 ext. 2122

dallen@ardmoreschools.org

Bryce Bell - Head Boys Coach

580-504-8250(cell)

580-226-7680 ext. 2140

bbell@ardmoreschools.org

Monday, April 10th, 2023

Order of Events

Field Events 9:30

9:30- Girls High Jump

Boys Long Jump

Boys Shot Put

Girls Discus

Boys Pole Vault

11:00- Boys High Jump

Girls Long Jump

Girls Shot Put

Boys Discus

Girls Pole Vault

Running Events 10:30(All running events are Girls/Boys)

4 X 100 Relay

4 X 800 Relay

100 Hurdles (Girls 33")

110 Hurdles (Boys 39")

3200 Run

4 X 200 Relay

800 Dash

100 Dash

400 Dash

300 Hurdles (Girls 30")

300 Hurdles (Boys 36")

200 Dash

1600 Run

4 X 400 Relay

*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.