



# Ardmore High School



Invitational Track Meet-Friday, April 21st, 2023  
**Seeded Entries & Timed Finals-OSSAA RULES APPLY**  
**Please send a confirmation email to Bryce Bell at [bbell@ardmoreschools.org](mailto:bbell@ardmoreschools.org) if planning to attend.**

**DIVISIONS:** Varsity Girls & Varsity Boys divisions. We will be following the standard order of events format and will allow unlimited competitors from each school. !!!SEEDDED ENTRIES!!!

**ATTENTION COACHES:** On-line Entry DEADLINE for our meet is Thursday, April 20th @ 6pm. The meet will be CLOSED at 6pm and no late entries will be accepted. Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the Steps on the “Entries Window”. This includes the VERIFICATION step. If your team/school does not complete ALL required steps on our meet’s “Entries Window” (including the VERIFICATION Step), it means your athletes are NOT ENTERED. If your team/school does not complete all the necessary steps, your school/team WILL NOT be entered manually by our timing crew at the meet. NO exceptions. If you need assistance with your ENDURO USA™ account, email Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com) - - - Please log into your ENDURO USA™ account at: [www.endurousa.com](http://www.endurousa.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.

**Field Events:** 9:30 a.m. - - - Running Events: 10:30 a.m. Two Divisions: Varsity Boys and Girls

**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:** Check-in 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.

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

**Entry Fee:** \$100 per Division, or \$180 for both teams, \$15 individual (6 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](mailto:dallen@ardmoreschools.org)

Bryce Bell-Head Boys Coach  
580-504-8250(cell)  
580-226-7680 ext. 2140  
[bbell@ardmoreschools.org](mailto:bbell@ardmoreschools.org)

Friday, April 21st, 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.