



60th ANNUAL - ED FORESTER BETHANY HIGH SCHOOL INVITATIONAL TRACK MEET 2023



Bethany High School extends an invitation for your school to participate in our 60th annual Ed Forester High School Boys and Girls Invitational Track and Field Meet. This event will be held on Saturday, March 25, 2023, starting field events at 9:30 a.m. The following will give you the information you need concerning this track meet. The track is located at the Bethany Public Schools Athletic Complex just west of NW 50th Street and Council Road in Northwest Oklahoma City.

****This Meet is open to Any School in Class 5A or Below****

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a "division" for each student being entered. (This is a "Roster Entries" meet.) The online ENTRY DEADLINE is the day before the meet @ 5:00pm. Log into your account at: www.endurousa.com NO LATE ENTRIES *** Schools who have not entered on-line will not be added at the meet. *** If you have questions about your ENDURO USA account, please message Cara through your ENDURO USA account, or email her at: cara@runenduro.com

Entry Fee: \$100.00 (boys team) and \$100.00 (girls team) (\$200.00 total) and \$25.00 per individual (up to 4).
Make checks payable to Bethany Public Schools.
Bring Checks or Send to: Bethany Public Schools
Attn. Adam Forester
6721 NW 42nd Street
Bethany, OK, 73008

Divisions: High School Boys and High School Girls

Timing: We will be using the new FT-90 Fully Automatic Timing System from FlashTiming.

Trophies: Trophies will be awarded to 1st & 2nd place teams in both girls and boys divisions and plaques will be awarded to the winning coach in each division.

Medals: Custom Enduro Medals will be awarded to 1st, 2nd, and 3rd places in all individual events and all relay events.

Entrants: Each contestant is limited to four (4) events, including relays. Each school is limited to **five (5) entrants in each event**. Each school can have unlimited relay entries, although all "A" relays will run in the same heat. **Only three (3) athletes and one (1) relay from a school can score points.**

Time Schedule:
9:00 AM Coaches Meeting
9:30 AM Field Events
10:30 AM Running Events (Timed Finals)

Events: Three (3) throws or jumps and then qualify eight (8) to the finals of shot put, discus, and long jump.

Team Points: Points will be awarded to the top 8 (10-8-6-5-4-3-2-1) with Relays doubled (20-16-12-10-8-6-4-2).

Hospitality: A Hospitality Room will be provided.

Equipment: Our track is an all weather track. Please use spikes no longer than 1/4". Starting blocks will be provided.

Entries: Please let us know if you would like to attend this meet. Send an email to Adam Forester at aforester@bethanyschools.com.

For questions or in case of possible inclement weather please contact the meet directors:

Adam Forester, Head Boys and Girls Track Coach
aforester@bethanyschools.com
405-664-6022 (Cell)

Jon Arthur, Athletic Director and Meet Referee
jarthur@bethanyschools.com
405-664-6183 (Cell) 405-499-4608 (Office)



60th ANNUAL - ED FORESTER BETHANY HIGH SCHOOL INVITATIONAL TRACK AND FIELD MEET



Schedule of Events

8:00 AM Teams Arrive
 8:30 AM Admission Gates Open
 9:00 AM Coaches Meeting (Locker Room behind the Stadium)

Field Events

9:30 AM	<i>Ben Nimmo Memorial Discus Throw</i>	Girls	Boys	<i>Memorial Plaque Presented to Winners</i>
	High Jump	Boys	Girls	
	Shot Put	Boys	Girls	
	Long Jump	Girls	Boys	
	Pole Vault	Boys	Girls	

Timed Finals

10:30 AM	400 Meter Relay	Girls	Boys	
	<i>Donnie Rodgers Memorial 3200 Meter Relay</i>	Girls	Boys	<i>Memorial Plaque Presented to Winning Teams</i>
	100 Meter Hurdles	Girls (33")		
	110 Meter Hurdles	Boys (39")		
	3200 Meter Run	Boys		
	800 Meter Relay	Girls	Boys	
	800 Meter Run	Girls	Boys	
	Lunch Break - Field Events will Continue			
	100 Meter Dash	Girls	Boys	
	3200 Meter Run	Girls		
	400 Meter Dash	Girls	Boys	
	300 Meter Hurdles	Girls (30")	Boys (36")	
	200 Meter Dash	Girls	Boys	
	Field Event Relay	(4 x 100, Throwers only - Must have 1 Girl)		
	1600 Meter Run	Girls	Boys	
	1600 Meter Relay	Girls	Boys	
	<i>(Top four [4] team points in the last heat, plus the next two best seed times)</i>			

Bethany High School Invitational Track Meet Records

Field Events	Bethany HS Invitational Records 1950-Present	Bethany Track Facility Records All Meets held at Track Complex 1982-Present
Shot Put	G: Jacye Grimm, Ponca City, 40'6" (2013) B: Wes Simms, Weatherford, 56'8" (1999)	G: Ashley Bryant, Newcastle, 42'10" (2012) B: Wes Simms, Weatherford, 56'8" (1999)
Discus	G: Bre Davis, Piedmont, 131'7" (2014) B: Wes Simms, Weatherford, 178'2" (1999)	G: Mariah Garcia, Mustang, 149'5" (2012) B: Wes Simms, Weatherford, 178'2" (1999)
Long Jump	G: Schuyler Wood, Putnam City, 18'9.5" (2013) B: Dalton Stout, Bethany, 22'4.25" (2014)	G: Schuyler Wood, Putnam City, 18'9.5" (2013) B: Dalton Stout, Bethany, 22'4.25" (2014)
High Jump	G: 7 Tied, 5'4" (1984-2017) B: Denmark (Casady), Elliston (BM), 6'8" ('80, '99)	G: 9 Tied, 5'4" (1984-2014) B: 3 Tied, 6'8" (1980-2012)
Pole Vault	G: Jerni Self, Cache, 11'0" (2015) B: Wilkenson, Stroud, 15'6" (1996)	G: Erin Shaughnessy, Shawnee, 11'1" (2011) B: Wilkenson, Stroud, 15'6" (1996)
Running Events	Meet Records	Track Records
100 Meter Dash	G: Kaley Knox, Bethany, 12.57 (2015) B: Delans Griffin, Clinton, 10.74 (2010)	G: Audrianna Morgan, Centennial, 12.17 (2012) B: Delans Griffin, Clinton, 10.74 (2010)
200 Meter Dash	G: Yoshika Thomas, Lawton Mac, 25.89 (2013) B: Delans Griffin, Clinton, 21.94 (2010)	G: Audrianna Morgan, Centennial, 25.42 (2012) B: Delans Griffin, Clinton, 21.94 (2010)
400 Meter Dash	G: Kaley Knox, Bethany, 59.52 (2014) B: McGuinness, Fairview, 49.34 (1967)	G: Kaley Knox, Bethany, 59.52 (2014) B: Jywayne Allen, Ardmore, 49.04 (2012)
800 Meter Run	G: Levan, Casady, 2:21.24 (1991) B: Antonio Humphrey, Douglass, 1:56.89 (2013)	G: Levan, Casady, 2:21.24 (1991) B: Antonio Humphrey, Douglass, 1:56.89 (2013)
1600 Meter Run	G: Ferguson, Bishop McGuinness, 5:28.94 (2008) B: Zach Porterfield, Stillwater, 4:31.23 (2014)	G: Emily Helms, Mustang, 5:26.48 (2012) B: Zach Porterfield, Stillwater, 4:31.23 (2014)
3200 Meter Run	G: Martin, Casady, 11:57.24 (2008) B: Doyle, Watonga, 10:02.14 (2007)	G: Emily Helms, Mustang, 11:36.53 (2012) B: Doyle, Watonga, 10:02.14 (2007)
100/110 Meter Hurdles	G: Courtney Nelson, PC North, 15.30 (2014) B: West, Chandler, 14.74 (1972)	G: Courtney Nelson, PC North, 15.30 (2014) B: West, Chandler, 14.74 (1972)
300 Meter Hurdles	G: Courtney Nelson, PC North, 45.83 (2013) B: Russell, Jones, 40.24 (1995)	G: Courtney Nelson, PC North, 45.83 (2013) B: Russell, Jones, 39.44 (1984)
400 Meter Relay	G: Guthrie, 50.26 (2013) B: Millwood, 42.74 (2007)	G: Lawton, 50.12 (2018) B: Millwood, 42.74 (2007)
800 Meter Relay	G: Millwood, 1:45.74 (1995) B: Guthrie, 1:29.80 (2014)	G: Millwood, 1:45.74 (1995) B: Guthrie, 1:29.80 (2014)
1600 Meter Relay	G: Bishop McGuinness, 4:11.24 (2008) B: Enid, 3:25.15 (2013)	G: Shawnee, 4:09.55 (2012) B: Enid, 3:25.15 (2013)
3200 Meter Relay	G: Casady, 10:04.24 (2008) B: Chisholm, 8:13.47 (2015)	G: Shawnee, 9:57.22 (2012) B: Chisholm, 8:13.47 (2015)



**BETHANY HS INVITATIONAL
2023 TRACK MEET
INVOICE**



**Bethany Public Schools
Attn. Adam Forester – Track Coach
6721 NW 42nd Street
Bethany, OK, 73008**

**Phone: 405-789-6370
E-Mail: aforester@bethanyschools.com
Web: www.bethanybronchos.com**

Bill To: _____
Attn: _____
Address: _____

Details:

Date	Description	Quantity	Price (Each)	Total Price
3/25/23	HS Track Meet Team Entry Bethany Invitational		\$100.00	
	Individual Entry		\$25.00	
Total Due:				

Please send a payment for the above as soon as possible.

**Send Payment to:
Bethany Public Schools
Attn. Adam Forester – Track Coach
6721 NW 42nd Street
Bethany, OK, 73008**