

CARL ALBERT INVITATIONAL

APRIL 7TH 2023

You are invited to attend the Carl Albert Invitational track meet on Friday April 7th.

Entries will be limited to 15 teams. This is an “Invitation Only” meet. So, please contact us as soon as possible to get your spot confirmed and reserved.

- - Contact Bill Case wcase@mid-del.net or ccouch@mid-del.net to receive your **Invitation Code**.

This will be a *Seeded Entries Meet*. Schools must enter on-line at www.enduroussa.com by completing **ALL STEPS** on the %Entries Window+. including the %VERIFICATION+Step.

If the %Verification Step+is not completed, you students are NOT entered in the meet.

The entry deadline is Thursday April 6th at 6:00pm. No late entries accepted. If you do not enter on-line, your school will NOT be added at the meet.

Please visit our meet’s “Preview” window at www.enduroussa.com prior to departing for our meet. I will post any last minute instructions for coaches/teams on this window.

1. Limited to the first 15 teams.
2. Coaches meeting . 9:30, Field Events . 10:00, Running . 10:30
3. Each varsity team may enter three athletes per event, four events for each athlete. Also each team may have only one relay team in each relay event. **“No B Teams this year”**
4. Field event contestants will get three preliminary attempts and the top eight contestants will advance to the finals.
5. Buses need to park in the parking lot on the west side of the football field.
6. Entry fee: \$200 for each school (\$100 varsity boys / \$100 varsity girls)

Make checks payable to: Carl Albert Track

*Send to: Carl Albert Track
2009 S. Post Road
Midwest City, OK 73110*

CARL ALBERT INVITATIONAL

TRACK MEET

FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls
Boys

Discus: Boys
Girls

Pole Vault: Girls
Boys

Long Jump: Girls
Boys

High Jump: Boys
Girls

RUNNING EVENTS BEGIN AT 10:30 A.M.

400 Meter Relay õ Girls/Boys

3200 Meter Relay õ ...Boys/Girls

100 Meter Hurdles (33+)õ .Girls

110 Meter Hurdles (39+)õBoys

3200 Meter Runõ ..Boys

800 Meter Relayõ Girls/Boys

800 Meter Runõ ..Girls/Boys

100 Meter Dashõ .õ Girls/Boys

3200 Meter Runõ ..õ Girls

400 Meter Dashõ .Girls/Boys

300 Meter Hurdles (30+)õ .õ Girls

300 Meter Hurdles (36+)õ Boys

200 Meter Dashõ .Girls/Boys

1600 Meter Runõ Girls/Boys

1600 Meter Relayõ .Girls/Boys



TITAN TRACK



Carl Albert High School
2009 South Post Road
Midwest City, Oklahoma 73130
405-739-1648 Ext. 3021

CARL ALBERT INVITATIONAL INVOICE

SCHOOL _____

ACTIVITY _____ CA Track Meet _____

ACTIVITY DATE _____ 4/07/2023 _____

ENTRY FEE: Varsity: \$100 per team (\$200 for both boys & girls)

AMOUNT DUE _____

PLEASE MAKE CHECKS PAYABLE TO:

CARL ALBERT TRACK
2009 S. POST ROAD
MWC, OK 73130