



CARVER WILDCATS
JUNIOR HIGH TRACK MEET
TUESDAY, MARCH 28, 2023
7TH AND 8TH GRADE GIRLS AND BOYS

The Carver Middle School Athletics Department would like to extend to you and your teams an invitation to participate in our Jr. High School girls and boys track and field meet. The meet will be at our feeder school the Booker T. Washington High School's S.E. Williams Stadium, 1514 E Zion St., Tulsa, OK 74106. **PARKING FOR BUSES WILL BE IN THE EAST PARKING LOT BEHIND THE VISITORS SIDE OF THE STADIUM.**

Time: Coaches Meeting @1:30pm (in the fieldhouse)
 Field Events @2:00pm -- Running Events @2:30pm **This will be a timed finals meet.**

Divisions: There will be four (4) divisions: 7th boys, 7th girls, 8th boys, 8 girls

Entry Fee: \$90.00 per division (\$90 boys and \$90 girls). \$25.00 per individual of less than four (4) members in a team. "B" Teams are \$45 per division.

Mail and Make Checks payable to: Carver Athletics Department Attn: Track
 624 E Oklahoma Pl
 Tulsa, OK 74106

Check In: Athletes in lane running events will need to check in at the bleachers on the stadium field at least 30min before their event. Athletes in non-lane running events (3200 Relay, 800, 1600, 1600 Relay) will check in at the start line. Athletes who have not checked in **will not** be added into the field for that event. Field event athletes will check in at their sites. *(There will be no Pole Vault)*

Limitations: Each contestant is limited to four (4) events, including relays. Each Team is limited to three (3) entrants in each event and one (1) team in each relay. The shot and discus will consist of three (3) throws, and the long jump will consist of three (3) jumps.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Friday, March 24th @ 1pm** (((The meet will be CLOSED at 1pm!))). - - - 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.

Team Points: Awarded to first through sixth place 10-8-6-4-2-1 in individual events and relays 20-16-12-8-4-2.

Awards: Medals to first, second & third places in all events excluding relays. Team Plaque Awarded to first place team in each division.

Awards: Individual medals will be given to the top five (5) contestants in each event excluding relays.
 Equipment: Carver will provide all starting blocks to contestants

Teams Entered: 8th Boys _____ 7th Boys _____ 8th Girls _____ 7th Girls _____

School _____ Coach _____ Phone _____

For more information contact: Kevin Williams willike2@tulsaschools.org or Keith Marshall kmarshall.fsa@gmail.com



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Tuesday, March 28th, 2023

MEET SCHEDULE

FIELD EVENTS – 2 p.m.

High Jump 7B,8B,7G,8G,

Long Jump 7G,8G,7B,8B,

Shot Put 7G,8G,7B,8B,

Discus 7B,8B,7G,8G

TIMED FINALS– 2:30 p.m.

3200 METER RELAY 7G,8G,7B,8B (Girls and Boys each will run together by grade)

100 METER HURDLES 7G,8G,

110 METER HURDLES 7B,8B,

100 METER DASH 7G,8G,7B,8B

800 METER REAY 7G,8G,7B,8B

800 METER RUN 7G,8G,7B,8B

400 METER RELAY 7G,8G,7B,8B

400 METER DASH 7G,8G,7B,8B

300 METER HURDLES 7G,8G,7B,8B

200 METER DASH 7G,8G,7B,8B

1600 METER RUN 7G,8G,7B,8B (Girls and Boys each will run together by grade)

1600 METER RELAY 7G,8G,7B,8B