

**CHISHOLM HIGH SCHOOL**  
**BOYS and GIRLS**  
**INVITATIONAL TRACK and FIELD MEET**  
**APRIL 14, 2023**

Chisholm High School will be hosting their High School Boys and Girls Invitational Track and Field Meet on Friday, April 14, 2023. We have a seven (7) lane urethane synthetic surface track along with an electronic timing system.

We will follow OSSAA regulations and the following will apply:

- There will be two (2) divisions: girls, boys.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event and one (1) team per relay event.
- Points will be scored 10-8-6-4-2-1 and will double for relays.
- Five (5) places will be awarded medals in each individual event. Three (3) places in each relay event.
- An entry fee of \$100.00 per division or \$200.00 for both boys and girls teams will be charged. \$20.00 per individual, up to 4.
- You may enter JV teams. If you want them to score or medal, please pay for entry (\$50.00). If not they are free but designate them as JV when entering.
- Make checks to Chisholm Public Schools. No refunds
- This is a Rosters ONLY meet.
- **On-line Entry Deadline: Thursday, April 13th @ 5pm.** \* \* \* \* All entries must be completed on-line at: [www.endurousa.com](http://www.endurousa.com) - Complete All Steps – including the VERIFICATION Step. If you do not complete ALL steps on the meet's "Entries Window" (including the VERIFICATION Step), your athletes will NOT be entered. Be sure to designate each athlete as "A", or "B" Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: [www.endurousa.com](http://www.endurousa.com) If you have questions about your ENDURO USA™ account, please contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)
- ¼" or less pyramid spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for the preliminaries and placed according to times in the finals. Seven (7) athletes will qualify for the finals.
- Athletes will not be allowed on the field unless they are warming up or competing at the time. Camp outside the fence.
- Coaches will meet at **9:00 am**. Field events will begin at **9:30 am**. Preliminaries will begin at **10:00 am**.
- A concession stand will be open.
- Admission will be: Adults-\$5.00 and Students-\$3.00
- If you have any questions, please contact:

Jim Coleman Cell (580) 791-1309

**E-mail** [jcoleman@chisholm.k12.ok.us](mailto:jcoleman@chisholm.k12.ok.us)

Results will be posted at [www.ohstrack.com](http://www.ohstrack.com)

**Boys & Girls  
Chisholm Longhorn Invitational  
April 14, 2023**

**Order of Events:**

**Field Events: 9:30 a.m.**

Contestants will have three (3) attempts to qualify for the finals. The top eight (8) will advance to the Finals and be awarded an additional three (3) attempts in the long jump, shot put, and discus throw. Please understand if we have a large number of shot & discus throwers, qualifying lines will be used in both events.

Shot Put-----	Boys, Girls
Discus-----	Girls, Boys
Long Jump-----	Girls, Boys
High Jump-----	Boys, Girls
Pole Vault-----	Girls, Boys

**Preliminaries: 10:00 a.m.**

**(7 to finals)**

400 relay-----	Girls, Boys
3200 relay Final-----	Girls, Boys
100 hurdles-----	Girls
110 hurdles-----	Boys
100 dash-----	Girls, Boys
3200 run Final-----	Boys
800 relay Final-----	Girls, Boys
3200 run Final-----	Girls
200 dash-----	Girls, Boys

**Finals (30 minute break; about 1:30 p.m.)**

400 relay-----	Girls, Boys
800 run-----	Girls, Boys
100 hurdles-----	Girls
110 hurdles-----	Boys
100 dash-----	Girls, Boys
400 dash-----	Girls, Boys
300 hurdles-----	Girls, Boys
200 dash-----	Girls, Boys
1600 run-----	Girls, Boys
1600 relay-----	Girls, Boys