

**WILL ROGERS JR. HIGH (Claremore) INVITATIONAL
TRACK and FIELD MEET
7TH, 8TH, and 9TH GIRLS and BOYS
Tuesday, April 11th 2023**

On behalf of the Claremore School System, we 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 eight lane all weather track located at the Claremore High School Complex on North Florence **PLEASE PARK BUSES IN THE PARKING LOT AT THE TRACK ON THE WEST END.**

Time: Teams should report to the Claremore High School Track Complex at 9:40 a.m. for a coaches' meeting. This will be a timed finals meet with field events starting at 10:00 a.m. and running events beginning at 10:30 a.m.

Entry Fee: \$100.00 for each boys' and girls' team. \$25.00 per individual of less than four (4) members in a team.

ATTENTION COACHES: the On-line Entry DEADLINE is **Monday, April 10th @ 1pm** (((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - 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

Divisions: There will be six (6) divisions: 7th boys, 7th girls, 8th boys, 8 girls, 9th boys, 9th girls.

Limitations: Each contestant is limited to four (4) events, including relays. Each school 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.

Awards: Individual medals will be given to the top five (5) contestants in each event excluding relays.

Equipment: Claremore will provide all starting blocks to contestants, ¼" or shorter spikes are required.

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

Mail to: Athletic Dept. Claremore High School 918-923-4211 Ext.3013
201 E. Stuart Roosa
Claremore, OK 74017

Teams Entered: 9th Boys _____ 8th Boys _____ 7th Boys _____
 9th Girls _____ 8th Girls _____ 7th Girls _____
School _____ Coach _____

Phone _____

For more information contact: Eric Wiens ewiens@claremore.k12.ok.us

**CLAREMORE JR. HIGH TRACK MEET
7TH, 8TH, 9TH, BOYS AND GIRLS
Tuesday, April 11th 2023
MEET SCHEDULE**

FIELD EVENTS – 10:00 a.m.

High Jump	7B,8B,9B,7G,8G,9G
Long Jump	7G,8G,9G,7B,8B,9B
Shot Put	7G,8G,9G,7B,8B,9B
Discus	7B,8B,9B,7G,8G,9G
Pole Vault	All Boys – All Girls

TIMED FINALS MEET – 10:30 p.m.

400 METER RELAY	7G,8G,9G,7B,8B,9B
3200 METER RELAY	7G,8G,9G,7B,8B,9B
100 METER HURDLES	7G,8G,9G
110 METER HURDLES	7B,8B,9G
800 METER REAY	7G,8G,9G,7B,8B,9B
800 METER RUN	7G,8G,9G,7B,8B,9B
100 METER DASH	7G,8G,9G,7B,8B,9B
400 METER DASH	7G,8G,9G,7B,8B,9B
300 METER HURDLES	7G,8G,9G,7B,8B,9B
200 METER DASH	7G,8G,9G,7B,8B,9B
1600 METER RUN	7G,8G,9G,7B,8B,9B
1600 METER RELAY	7G,8G,9G,7B,8B,9B