



## DEER CREEK EARLY SEASON TRACK FESTIVAL

Date: **Thursday, March 2, 2023**; Team limit: **10 teams, and those teams must be confirmed by email/phone contact prior to receiving an invitation code.** This is an "Invitation Only" meet. **For coaches/teams attending: we will allow unlimited entries for the shot put (because we have no discus due to construction on our campus), up to 5 in the 100m, and unlimited entries in the 1600m (because it's still easy to manage heats), but for more than 3 in any other event, you will need to request to enter a B team and pay for that team additionally.** This will be a "seeded entries" meet this year. If you plan on attending, you must contact David Riden to obtain the "Invitation Code" so you can add our meet to your schedule within your ENDURO USA account on the Basic Meet Information window.

IMPORTANT (NEW): be sure to visit our meet's "PREVIEW" window on the ENDURO USA website immediately before departing for our meet for any last minute changes that could affect our meet.

**Entry Fees: \$100.00** per team (boys team & girls team= **\$200**); **\$60** for each B team or up to **\$120**

Entry Fees to: **Deer Creek High School Attn: David Riden 6101 NW 206th Edmond, OK 73012**

**Time: Coaches Meeting Notes will be sent out night before by 8 PM --- Running and Field events @3:30 PM**

**Location & Parking: Deer Creek High School & PAAC (Performing Arts & Athletic Center)**

**Meet Contact: David Riden: 405-627-5541; davidriden@dcsok.org**

**Other important information:** \*Please communicate your needs and numbers in terms of athletes. By keeping the number of schools small, we hope to facilitate opportunities for A & B athletes to compete; however, we obviously need to be conscientious about the length of the meet. Medals to top 3 per event.

- This meet will be **seeded and pre-heated** in advance; heating benches will serve as a check-in station for athletes and coaches. Athletes will report to the starting line no less than 10 minutes before they compete
- **Campsites** will be in designated grass areas around/outside the track facility.
- All warming up and/or cooling down must be done **outside the track facility**, not on the infield.
- **Admission** will be **\$5**.
- **Limited concession**, so athletes and teams are encouraged to bring food and water.
- Planned **hospitality** room for coaches.

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Wednesday, March 1<sup>st</sup> @ 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](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com). Remember - - - this is a "Seeded" entries meet. So, complete all on-line entry steps. This is an "Invitation Only" meet. If you plan on attending, you must contact me (David Riden) to obtain the "Invitation Code" so you can add our meet to your schedule within your ENDURO USA account on the Basic Meet Information window.

## **DEER CREEK PRE-SEASON TRACK FESTIVAL ORDER OF EVENTS**

**Field Events to begin at 3:30 PM and Running Events at 3:30 PM**

**4x100 meter relay G-B**

**4x800 meter relay G-B**

**100 meter hurdles G**

**110 meter hurdles B**

**100 meter dash G-B**

**3200 meter run G-B**

**4x200 meter relay G-B**

**800 meter run G-B**

**400 meter run G-B**

**300 meter hurdles G-B**

**200 meter dash G-B**

**1600 meter run G-B**

**4x400 meter relay G-B**

**Discus G-B (will not be held due to construction to our campus facilities)**

**Shot Put B-G**

**High Jump B-G**

**Long Jump G-B**

**Pole Vault G & B (start together and move up through the heights)**