



**TRACK AND FIELD INVITATIONAL FESTIVAL**  
**Saturday, June 10, 2023**

**Moses F. Miller Stadium**  
**(Douglass High School)**  
**900 N Martin Luther King Ave, Oklahoma City, OK 73117**

**MEET DIRECTORS:** Keitha Wyatt- 405.570.0639 (esstrackclub@gmail.com)  
Timothy Taylor- 405.937.5272 (taylor.buford65@gmail.com)

**ENTRY INFO:** Entry fee is \$15 an athlete and must be done in advance. No entry fee will be transferred or refunded and must be paid online at CoachO.com.

**GENERAL ADMISSION:** \$10/person, 4 and under free. /Gates Open at 7:30am

**REGISTRATION/ENTRY DEADLINE:** All teams and unattached athletes **MUST** utilize the online entry process via CoachO.com. <https://coacho.com>. Registration will be available starting May 15th until the deadline, June 8<sup>th</sup> 11:00pm. All fees must be paid on-line prior to seeding the meet or your athlete(s) will not be entered in the meet. Please be sure to put in a time for your athlete(s) for proper seeding. A NM will put your athlete in an unseeded section. This is a F.A.T meet . USATF or AAU membership card is not required.

**PACKET PICKUP/TENTS:** Arrangements will need to be made in advance to set-up Friday evening. Time: TBA

**EVENT INFORMATION:** All events will be on a rolling schedule. All track and field rules will be in effect 12 and under 3 events: 13/14 on up 4 events. Athletes must have a wristband to compete. Age groups may be combined for distance races.

**FIELD EVENTS/IMPLEMENTS:** Each competitor will have three (3) attempts for throws and horizontal jumps. Athletes must bring their own implements to use during competition.

**AWARDS:** Medals will be given to the top three finishers at the completion of each event after the results have been verified. Please show patience when getting medals.

**REFRESHMENTS:** Concession Stand will be available/Kona Ice

**COACHES:** We will have breakfast served during the early meeting. Coaches must provide a current USATF or AAU card to get in FREE and receive a wrist band. Please have wrist bands on prior to entrance.

**Top 8 in this meet will advance to the International Youth Track and Field Championships held in Landover, Maryland July 14<sup>th</sup>-16<sup>th</sup> <https://www.intyouthtrackchampionships.com>**



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**900 N Martin Luther King Ave, Oklahoma City, OK 73117**

**8:15 AM**

**COACHES MEETING**

**FIELD EVENTS**

**8:30 AM**

**LONG JUMP**

**\*TRIPLE JUMP**

**SHOT PUT**

**HIGH JUMP**

**DISCUS**

**POLE VAULT**

**\*\*JAVELIN**

**\*\*AERO JAVELIN**

**\*\*TURBO-JAVELIN**

8UG-8UB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

13-14GB, 15-16GB, 17-18WM, Open, Masters(at the conclusion of the Long Jump)

8UG-8UB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

17-18WM, 15-16GB, 13-14GB, 11-12GB, 9-10GB, Open, Masters

17-18MW, 15-16BG, 13-14BG, 11-12BG, Open M&W, MM, MW

13-14GB, 15-16GB, 17-18WM, Open, Masters

17-18MW, 15-16BG, 13-14BG, Open M&W, MM, MW

(\*\*At the conclusion of the DISCUS when volunteers become available\*\*)

11-12GB

(\*\*At the conclusion of the JAVELIN when volunteers become available\*\*)

9-10GB, 7-8GB, 6&Under

(\*\*At the conclusion of the AERO JAVELIN when volunteers become available\*\*)

***Field events for all will be a three jump/throw final.***

**ROLLING SCHEDULE**

**ALL TIMED FINALS**

*Schedule is subject to change as needed.*

**Dedications**

**8:45AM**

**1500M Race Walk**

**3000M RUN**

**100M**

**800M RUN**

**110M HURDLES**

**100M HURDLES**

**80M HURDLES**

**Future Stars of Track and Field-4 & under (50m dash)**

**4x100M RELAY**

**4x100M RELAY**

**400M**

**400m HURDLES**

**200m HURDLES**

**200M**

**1500M RUN**

**4 X 400M RELAY**

9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

All Age Groups, Open, Masters

All Age Groups, Open, Masters

15-16B, 17-18M, Open, Masters

15-16G, 17-18W, 13-14GB,

11-12GB

All Age Groups, Open, Masters

Ben Gay Relays (PARENT, COACHES)

All Age Groups, Open, Masters

15-16GB, 17-18WM, Open, Masters

13-14GB

All Age Groups, Open, Masters

All Age Groups, Open, Masters

All Age Groups, Open, Masters



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**USATF SANCTIONED MEET**