

Edmond North Track Meet



March 30th, 2023

Field Events: 10:00 AM

Running Events: 10:30AM

Entries:

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, March 29th @ 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

- 3 "varsity" athletes per event and one relay team
- "JV" entries (up to 3 **extra** individuals and 1 **extra** relay team) for the following events:
 - 4x100, DMR, 100m, 3200, 200, 1600, and 4x400.
- Seeded and preheated in advance. Athletes should report to the start line no less than 10 minutes prior to their event.

Entry Fee:

- \$150 per division (\$300 for both boys and girls team)

Medals: Awarded to top three in each event

Event Order: Meet will follow a rolling schedule

Discus G-B

Shot Put B-G

High Jump B-G

Long Jump G-B

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

4x100 meter relay G-B

DMR 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

Parking, Event Locations, Camps:

- \$5 admission for all spectators
- Team campsites are only allowed under the bleachers and grassy areas that are not directly next to field event locations. No campsites on the infield.
- Restrooms are available under the bleachers.
- Concession will be open to all under the home bleachers (cash/card accepted)
- Light breakfast and lunch will be provided for coaches.

