



High school Track Meet

Date: April 13, 2023

**Location: Langston University, W.E. Anderson
Stadium**

Entry Fees & Procedures

- Teams of 12 or more \$100 per gender.
- Individuals will pay \$20.
- Men's and Women's Teams are considered separate.
- PLEASE PAY BY SCHOOL ISSUED CHECK, PERSONAL CHECK, MONEY ORDER or CASH (on site).

Please make all checks payable to "The Langston University Foundation." Write Track and field on the Memo line of the check or money order.

Remit payment to: Langston University Athletics (Attention: Track and Field), P.O. Box 175. Langston, OK 73050

We strongly recommend that you pay your entry fee in advance. We realize that this is not possible for some schools, so those wishing to pay when they pick-up their team packets, please make sure you have the correct amount on your checks, no refunds will be issued during packet pickup.

ATTENTION COACHES: the On-

line Entry DEADLINE is: Monday, April 11th at 1 am. Schools planning to attend must submit their entries at ok.milesplit (<https://ok.milesplit.com/meets/536815-langston-university-high-school-invitation-2023/info#.ZCWrgBpOIOk>)

If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by the timing crew at the meet.

For additional information please contact:

Head Coach James Hilliard 405-850-8953 james.hilliard@langston.edu

Asst. Coach Julius Koger 405-240-8394 julius.koger@langston.edu

Ticket Prices

- \$5 general admission, Free for Langston students with IDs

Timing:

- **OnTime Timing**

Field Events:

- Horizontal Jumps: (Long Jump) and Triple Jumps
 - Men's Long Jump Board 12ft
 - Women's Long Jump Board 12ft
 - Men's Triple Jump Board 36ft/42ft
 - Women's Triple Jump Board 32ft/36ft

*Womens 28ft Board if needed
- Athletes will receive 3 Jumps and the top 8 will advance to the finals. Jumpers in the finals will receive 3 attempts.
- High Jump: will compete using 3-Active format.

Event Check-In: Athletes will check in at the heating table after the first call for their event. Field event check-in will be done at the event area. Check in will close 15 min prior to the start of the event.

Competition Warm-up

- Warm up areas will be marked.
- The track will be open for team warm up prior to the start of the running events.
- No warming up will be allowed in the competition area during the meet.
- No warming up or team camps will be allowed on the infield or backside of the track.
- Teams can use the east side of the stadium for camps.
- General warm-up during competition can be done on the practice field or tennis courts both located on the westside of the stadium.
- Field events warm-ups will be held at the event site.

Coaches Meeting

8:30am

Tentative Filed Events Scheduling:

10:00am

Long Jump Boys, Girls

High Jump Girls, Boys

Top 9 will move to the finals

Tentative Running Events Schedule:

12:30pm

4 X 100 Meter Relay Girls

4 X 100 Meter Relay Boys

4 X 800 Meter Relay Girls

4 X 800 Meter Relay Boys

100 Meter Hurdles Girls

110 Meter Hurdles Boys

3200 Meter Run Girls

4 X 200 Meter Relay Girls

3200 Meter Run Boys

4 X 200 Meter Relay Boys

800 Meters Run Girls

800 Meters Run Boys

100 Meter Dash Girls

100 Meter Dash Boys

400 Meter Dash Girls

400 Meter Dash Boys

300 Meter Hurdles Girls

300 Meter Hurdles Boys

200 Meter Dash Girls

200 Meter Dash Boys

1600 Meter Run Girls

1600 Meter Run Boys

4 X 400 Meter Relay Girls

4 X 400 Meter Relay Boys