



# Buffalo 7th/8th Grade Invitational

## March 30th, 2023

### Hook Eales Stadium McAlester, OK



McAlester High School welcomes you to our renewed annual 7th/8th grade invitational to be held at our newly resurfaced eight lane all-weather track facility located at Hook Eales Stadium. The meet will be a timed finals event. Schedule is enclosed.

**15 Team Limit! Please call in advance to ensure your spot in the meet.**

**Online Entry Deadline:** All Entries are DUE by WEDNESDAY March 29th, 1PM No Exceptions

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Wednesday, March 29<sup>th</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)

**Entry Fee:** \$90 for each boys and girls team; (\$340 all divisions) \$15 per individual if less than (4) members. Make checks payable to McAlester Athletic Department.

**Divisions:** There will be (4) divisions; 7th/8th boys and girls

**Parking:** Stadium is located at 1310 N 6th Street. Please park your bus east side of indoor..

**Time:** All teams should report to the stadium by 9:00am for a coaches meeting at the indoor facility. Field Events will start at 9:30am. Running Events will begin at 10:00am.

**Event Check In:** See Order of Events

**Weigh In:** All implements will need to be weighed in prior to competition. Weigh in will be inside the indoor facility.

**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) entry in relay events.

**Awards:** Trophies will be awarded to the 1st and 2nd place in both divisions. Medals will be awarded to 1st thru 3rd in all events.

**Scoring:** Awarded to 1st thru 6th places, 10-8-6-4-2-1 for individuals, relays will be doubled.

**Equipment:** Blocks will be provided. ¼", or shorter, spikes are required.

#### **OSSAA RULES APPLY**

Please feel free to contact us with any questions.

Head Track Coach : Johnny Skimbo

(918) 465-6587 [jskimbo@mcalester.k12.ok.us](mailto:jskimbo@mcalester.k12.ok.us)

Director of Athletics: James Singleton

(918) 774-5792 [jsingleton@mcalester.k12.ok.us](mailto:jsingleton@mcalester.k12.ok.us)



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**Order of Events**

**Running Events**

Begin at 10:00am

400 Relay Girls-Boys  
3200m Relay Girls-Boys  
100m Hurdles Girls  
110m Hurdles Boys

800m Relay Girls-Boys  
800m Run Girls-Boys  
100m Dash Girls-Boys

**Proposed 30 minute break**

400m Dash Girls-Boys  
300m Hurdles Girls-Boys  
200m Dash Girls-Boys  
1600m Run Girls-Boys  
1600m Relay Girls-Boys

**Field Events**

Begin at 9:30am

High Jump 7G, 8G, 7B, 8B  
Long Jump 7B, 8B, 7G, 8G  
Discus 7G, 8G, 7B, 8B  
Shot 7B, 8B, 7G, 8G  
Pole Vault 7B, 8B, 7G, 8G

- All athletes have been assigned a competitor number. Athletes shall write their competitor number on his or her right hand, which will be used during the event check-in process.
- Athletes in lane running events need to check in at the north end of the track 30 minutes prior to their event(s).
- Athletes in non-lane running events need to check in at the start line.
- Field event athletes will check in at the event site(s).
- Coaches-let us know how many coaches you will be bringing for Coaches Feed.