

Midwest City High School Varsity Invitation
Saturday, April 22, 2023
Midwest City High School
Rose Field



Rose Field 701 East Lockheed Ave,
Midwest City, Ok 73110
Meet Director-Timothy Thomas
MCHS
Meet Official/Starter- John Salvador



Coaches meeting 8:30 a.m.
Running Events 9:00 a.m.
Field Events 9:15 a.m.
ALL TIMED FINALS/F.A.T.

ONLINE ENTRY PROCESS : Schools planning to attend this meet must submit their entries on the ENDURO USA website (www.endurousa.com). This is a " Seeded Entries " meet. Remember to add seed times and marks for all attending athletes on the "Entries Window". If you enter a seed time or mark that is not honest, the athlete may be seeded with a NT / NM and may lose his/her preferred lane assignment at the sole discretion of meet management. The entry deadline is Friday April 22th by 5:00pm. NO LATE ENTRIES * * * Schools who have not entered online will NOT be added at the meet. (No exceptions.) If you have any questions about your ENDUROUSA account email Cara Branson at: cara@runenduro.com
NEW : please be sure to visit the " Meet Preview " window for our meet on the ENDUROUSA website BEFORE departing for our meet in case there are any last minute changes. We will post any last minute information concerning the meet on that window. IF you plan on attending, You must do the following: You must notify Tim Thomas that you plan to attend.(tthomas@mid-del.net This is a % Invitation Meet+Once I receive the **INVITATION CODE** I will send it out.

Entry fee: \$100 for each Schools Varsity Team (\$100 Boys / \$100 Girls) No Refunds.
Send Entry Fee to:
Midwest City High School
Attention: Kelley Ross
213 Elm Street
Midwest City, OK 73110

Divisions: Varsity

*Athletes may compete in ONLY Three events + Relays

There will be **NO** team champion declared in the VARSITY

Medals:

3 individuals/1 relay per team! YES "B" TEAMS ALLOWED!
3 medals for individual events
3 medals for relay events! In both divisions!

Concession: Football booster will operate concession stand.

Team Camps: Camp on outer perimeter of the Track and under the Stands, No CAMPING in Stands

Meet Director - Timothy Thomas, MCHS Head Coach.

NO dressing facilities @ the track/Restrooms are provided.

ADMISSION: Admission Online is \$5.00 per person. At the Gate \$7.00 per Person.

Coaches There will be a Hospitality Room.

***Coaches meeting 8:30a.m.

***Running Events 9:00 a.m.

***Field Events 9:15 a.m

***ALL TIMED FINALS/F.A.T

***Go to trackroster.com to enter your athletes by Friday 4/21/23

Order of Events:

8:30 am Coaches Meeting (On The Football Field)

9:15 am Field Events

9:00 am Running events and timed finals

Field Events - 9:15 am

High Jump Girls – Boys

Long Jump Boys – Girls

Discus Girls – Boys

Shot Boys – Girls

Pole Vault Boys – Girls

Running Events – 9:00 am

4 x 100 Relay Girls – Boys

4 x 800 Relay Girls – Boys

100 Hurdles Girls

110 Hurdles Boys

3200 Run Girls – Boys

4 x 200 Relay Girls – Boys

800 Dash Girls – Boys

100 Dash Girls – Boys

400 Dash Girls – Boys

300 Hurdles Girls

300 Hurdles Boys

200 Dash Girls – Boys

1600 Run Girls – Boys

4 x 400 Relay Girls – Boys



MIDWEST CITY INVITATIONAL INVOICE

SCHOOL _____
ACTIVITY _____ MCHS Track Meet _____
ACTIVITY DATE _____ 4/23/2023 _____

ENTRY FEE: VARSITY: \$100 per team (\$100 for both boys & girls)

AMOUNT DUE _____

**PLEASE MAKE CHECKS PAYABLE TO:
MIDWEST CITY HIGH SCHOOL TRACK AND FIELD
213 ELM STREET
MWC OK 73110
ATTN: KELLEY ROSS**

