

2023 Jr. High Meet
Hosted By
Moore High School

Let me invite you to the Moore Public Schools Jr. High Invitational meet on Friday, April 21st, 2023. This has been a great meet in the past and we look forward to continuing this great tradition. Please consider attending our meet. **If you wish to attend, you must email me at stefanseifried@mooreschools.com to receive an invitation code to add meet to your schedule (Step #2) on trackroster.com. **We will only allow 14 teams.**** This is a **SEEDED ENTRY MEET**, please read all the information below carefully.

IF YOU DO NOT ENTER CORRECTLY, YOU WILL NOT COMPETE.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Thursday, April 20th @ 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.endurosa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

Entry Fee: \$70.00 per team or \$140.00 for both boys and girls.

Make checks payable to Moore Public Schools and bring with you or send to

Moore Athletics
1500 SE 4th Street
Moore, Ok 73160

Event Entries will be limited to three individuals and one relay team per school.

All running events will be timed finals. FAT timing will be provided by ENDURO TIMING SYSTEMS.

Buses need to park in the lot south of the gym.

Awards will be given to the top three in each event along with a team champion and runner-up.

Points will be awarded as follows. Individual 10 / 8 / 6 / 4 / 2 / 1
Relays 20 / 16 / 12 / 8 / 4 / 2

OSSAA Rules Apply

"The entry deadline for this meet is, Thursday - April 20th, 2023 at 1:00pm. This is a Seeded Entries meet."

Coaches Meeting: 9:00

Field Events: 9:30

Running Events: 9:45

Order of Events

Field

Long Jump- 8G, 7G, 8B, 7B

High Jump- 8B, 7B, 8G, 7G

Shot Put- 7G, 7B, 8G, 8B

Discus- 8G, 8B, 7G, 7B

Pole Vault- Girls, Boys (Will – Score/Medal Separate)

Running **We will combine runners if possible!**

Running will follow this order 7G/8G/7B/8B

400 Meter Relay	Girls / Boys
3200 Meter Relay	Girls / Boys
100/110 Hurdles	Girls / Boys
3200 Meter Run	Girls / Boys
800 Meter Relay	Girls / Boys
800 Meter Run	Girls / Boys
100 Meter Dash	Girls / Boys
400 Meter Dash	Girls / Boys
300 Meter Hurdles	Girls / Boys
200 Meter Dash	Girls / Boys
1600 Meter Run	Girls / Boys
1600 Meter Relay	Girls / Boys