

Mounds American Heritage Bank Track Meet

1603 Russell Ave, Mounds, Ok 74047; Phone 918-827-6100; Fax 918-827-3705

Dear Track Coach,

Mounds Public Schools would like to extend to you an invitation to participate in the High School Boys and Girls, Mounds American Heritage Bank Track and Field Meet. Information for the meet is as follows:

Date: Friday, April 21st, 2023

Class: 3A and below

Divisions: HS Boys, HS Girls

Participation: Each event will be limited to three scoring participants from each team. Each contestant may enter no more than four events. Spike length will be limited to $\frac{1}{4}$ "or shorter. Starting blocks will be provided. Three (3) jumps for long jump. Three (3) throws for the shot put and discus.

Time: Coaches meeting will begin at 9:00 am with field events starting at 9:30 am and running events at 10:00 am.

Entry Fee: \$90 per division, \$15 per individual for teams less than 4 members. Make checks payable to Mounds Public Schools.

Hospitality: Provided for coaches

Concession: Full concession available

Tents: There is room to accommodate camps. Do not camp on the infield or on softball fields.

Parking: There is a parking lot adjacent to the track and elementary school parking lot nearby.

Awards: Medals for 1st-5th place in individual events; 1st – 3rd in relays. Champion Team plaques and runners-up in both boys' and girls' division.

Team Points: Scoring system: Individual events: 10-8-6-4-2-1 - Relays: 20-16-12-8-4-2

Oklahoma Secondary School Association Rules Apply

For additional information, please contact Rodney Bencoma: cell- 918-319-0057 email:

rbencoma@moundsps.com

*Schools planning to attend must submit their entries on enduroussa.com. Complete ALL steps on the "Entries Window" including the "VERIFICATION" step. If the "VERIFICATION" step is not complete your entries will NOT be accepted. The online entry deadline for this meet is: Thursday, April 20th by 1:00pm. *LATE ENTRIES will not be accepted**

Mounds HS Track Meet Order of Events

Field Events (9:30 a.m.)

Pole Vault G-B

Discus B-G

Shot-put G-B

Long Jump G-B

High Jump B-G

Timed Finals- (10:00 a.m.)

4x100m relay G-B

4x800m Relay G-B

100m Hurdles (33') G

110m Hurdles (39") B

3200m run B

4x200m relay G-B

800m run G-B

100m Dash G-B

Break – 30 Minutes

3200m run G

400 meter run G-B

300m Hurdles (30") G

300m Hurdles (36") B

200m Dash G-B

1600m Run G-B

4x400m Relay G-B