

Piedmont High School Annual Boys and Girls Invitational Track Meet
Friday March 31, 2023

Coaches: Piedmont Schools would like to extend an invitation to your school to enter our annual track meet on Friday March 31, 2023.

All OSSAA rules will apply.

Each school will be permitted to enter three contestants per event.

Individual medals will be awarded for the first three places in each event. Scoring will be 10-8-6-4-2-1 for individual and 20-16-12-8-4-2 for relays

Field events will begin at 10:00 AM and Running events will begin at 10:30 AM. A coaches meeting will be held at 9:30 AM at the east field house.

An entry fee of \$100 per gender or \$200.00 for both teams should accompany entries.

Shot and discus will be thrown from concrete slabs. Shot, discus, long jump contestants will be given 3 attempts. Top 8 will be taken to finals and be given 3 additional attempts.

If you are interested in attending please contact:

Jon Bakewell @ 405-808-5752 or email jon.bakewell@piedmontschools.org

Kelly Beck @ 405-388-1217 or email kelly.beck@piedmontschools.org

- This meet will be seeded and pre-heated in advance; heating benches will serve as a check-in station for athletes and coaches. Athletes will report to the starting line no less than 10 minutes before they compete
- Campsites will be in designated grass areas around/outside the track facility.
- All warming up and/or cooling down must be done outside the track facility, not on the infield.
- Admission will be \$7. Tickets can be purchased here

<https://www.purplepass.com/#245131/P I E D M O N T W I L D C A T S- HS TRACK: Piedmont Wildcat Invitational-F&M Bank Stadium-March-31-2023.html>

- Concession stand will be available,
- Planned hospitality room for coaches.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Thursday, March 30th @ 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 - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

Remember - - - this is a "Seeded" entry meet. So, complete all on-line entry steps. This is an "Invitation Only" meet. If you plan on attending, you must contact Coach Bakewell or Coach Beck to obtain the "Invitation Code" so you can add our meet to your schedule.

TRACK MEET SCHEDULE

COACHES MEETING: 9:30 AM

FIELD EVENTS: 10:00 AM

RUNNING EVENTS: 10:30 AM

Order of Events

Field events

Pole Vault G-B

Shot B-G

Discus G-B

High Jump B-G

Long Jump G-B

Timed Finals

4X100 meter relay G-B

4X800 meter relay G-B

100 meter hurdles G

110 meter hurdles B

4X200 meter relay G-B

3200 meter run G-B

100 meter dash G-B

800-meter run G-B

400 meter dash G-B

300 meter hurdles G-B

200 meter dash G-B

1600 meter run G-B

4X400 meter relay G-B