

# Vision Bank – Prague JH Meet

Tuesday, March 21, 2023  
7th & 8th grade Girls and Boys  
3A and Below

TIME: Coaches Mtg -9am

Field Events- 9:30am    Running Events – 10:00am

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Monday, March 20<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)

FEES:            \$70 each Division    \$15 ea individual less than 4

MEDALS:        Medals will be awarded to the top 5 finishers in each event / top 3 Relays

TROPHIES:     Trophies will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place teams.  
Points will be scored 10-8-6-4-2-1 and will double for relays.

LIMITATIONS: 4 INDIVIDUAL EVENTS (INCLUDING RELAYS AND FIELD EVENTS)  
Each school is limited to one (1) relay team.  
Each school is limited to three(3) competitors per event.

PARKING:        Bus parking will be East of Football Field

CAMPS:         Team Camps – West of Football Field ( not inside track)

Restrooms / Concessions: available on the NE side of track

\*\*Coaches Meal Provided

IF YOU PLAN TO ATTEND, OR IF YOU HAVE ANY QUESTIONS, CALL or TEXT COACH WATKINS.

405-570-3864.

[swatkins@prague.k12.ok.us](mailto:swatkins@prague.k12.ok.us)

# ORDER OF EVENTS

## FIELD EVENTS 9:30am 3 ATTEMPTS @ EACH EVENT

PV- 7<sup>TH</sup> B, 8<sup>TH</sup> B, 7<sup>TH</sup> G, 8<sup>TH</sup> G

HJ- 7<sup>TH</sup> G, 8<sup>TH</sup> G, 7<sup>TH</sup> B, 8<sup>TH</sup> B

LJ- 7<sup>TH</sup> B, 8<sup>TH</sup> B, 7<sup>TH</sup> G, 8<sup>TH</sup> G

SHOT - 7<sup>TH</sup> B, 8<sup>TH</sup> B, 7<sup>TH</sup> G, 8<sup>TH</sup> G

DISCUS – 7<sup>TH</sup> G, 8<sup>TH</sup> G, 7<sup>TH</sup> B, 8<sup>TH</sup> B

## RUNNING EVENTS 10:00am

400M 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

\*\*\* BREAK\*\*\*

400M DASH GIRLS, BOYS

300M HURDLES GIRLS, BOYS

200M DASH GIRLS, BOYS

1600M RUN GIRLS, BOYS

1600M RELAY GIRLS, BOYS