## FRIDAY, MAR 24, 2023 PRAGUE HIGH SCHOOL 3A & BELOW HS GIRLS & BOYS

TIME: Coaches Mtg -9am

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

ATTENTION COACHES: the On-line Entry DEADLINE is: Thursday, March 23<sup>rd</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 - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

FEES: \$90/DIVISION OR \$160 FOR BOTH \$15 per individual

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

TROPHIES: Trophies will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place teams.

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. <a href="mailto:swatkins@prague.k12.ok.us">swatkins@prague.k12.ok.us</a>

## BANCFIRST - RED DEVIL INVITATIONAL ORDER OF EVENTS

FIELD EVENTS 9:30 AM

PV- BOYS GIRLS HJ- GIRLS BOYS

LJ- BOYS GIRLS

SHOT - BOYS GIRLS

DISCUS - GIRLS BOYS

## **RUNNING EVENTS 9:45PM**

400M RELAY

3200M RELAY

100M HURDLES

110M HURDLES

3200M RUN BOYS

800M RELAY

**800M RUN** 

100M DASH

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

3200M RUN GIRLS

400M DASH

300M HURDLES

200M DASH

1600M RUN

1600M RELAY