



Seminole Middle School



Invitational Track Meet -April 22, 2023
Please send confirmation email to Bobby Sanford at
bsanford@sps.k12.ok.us

DIVISIONS: 7th and 8th Grade Girls & Boys

On behalf of Seminole Public Schools, we extend to you and your teams an invitation to participate in the 12th annual Seminole 7th and 8th grade invitational track meet. We will be hosting our track meet at Shawnee High School.

Location: **Shawnee High School**
1001 N Kennedy Shawnee, OK 74801
The track is located on the SE corner of campus.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Friday, April 21st @ 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

Four Divisions: 7th and 8th Grade Girls/Boys

Coaches Meeting: 8:45am at the Start/Finish Line

Scoring: Individual Events: 10-8-6-4-2-1; Relay Events: 20-16-12-8-4-2

Awards: Boys/Girls Team Champion. Individual and Relays top three.

Field Events: Each athlete will get 3 recorded attempts.

Entries: Maximum of 3 athletes per event.

Entry Fees: \$75 per division. \$300 for all 4 divisions. \$15 for individuals. Make checks payable to: Seminole High School Track

Team Camp Area: On the practice field. No team camps in the home stands.

Hospitality Room: There will be a hospitality room for coaches in the weightroom

Concessions/Admissions: Concessions stand will be open. \$5 entry fee for spectators.

Parking: Drop off at the track or practice field. Bus parking will be at the old Brackeen building located on the NW corner of campus.

Mail check : Seminole Track Attn: Bobby Sanford - 618 Mike Snyder Ave, Seminole, OK 74868

OSSAA: *Oklahoma Secondary Schools Association Rules Apply*

Contact: Email/Text/Call to confirm entry.

Coach Bobby Sanford

Head Track / XC

405-712-3094

bsanford@sps.k12.ok.us

Seminole Middle School Invitational Order of Events



Coaches Meeting 8:45
Start/ Finish Line

Field Events 9:00

Shot (8G, 7G, 8B, 7B)
Discus (8B, 7B, 8G, 7G)
Long Jump (7G, 8G, 7B, 8B)
High Jump (7B, 8B, 7G, 8G)
Pole Vault (7/8G, 7/8B combined, awards will be split)

Running Events 9:30

(7G, 8G, 7B, 8B)

400 Relay Girls, Boys
3200m Relay Girls, Boys
100m Hurdles Girls
110m Hurdles Boys
800m Relay Girls, Boys
800m Run Girls, Boys

-Proposed break-

100m Dash Girls, Boys
400m Dash Girls, Boys
300m Hurdles Girls, Boys
200m Dash Girls, Boys
1600m Run Girls, Boys
1600m Relay Girls, Boy

Notice: Order subject to change under certain conditions

OSSAA: *Oklahoma Secondary Schools Association Rules Apply*