

Stroud Middle School

"Home of The Tigers"

212 West 7th Street, Stroud, Oklahoma 74079, Phone 918-968-2200, Fax 918-968-0773

Dear Track Coach:

We are pleased to announce the annual 7th & 8th grade invitational track meet. Our re-surfaced eight-lane track has a top of the line polyurethane finish. Consider this our sincere invitation to you and your team to attend our 7th & 8th grade meet. This meet will be run as timed finals.

(We have a new timing system and video board to post results instantly, but we are going to need for you to add your athletes to www.athletic.net for them to be entered in our meet. We have attached the login information for your free account to Athletic.net as well as the information needed to sign up for our track meet. If you have any questions, please contact Kelly Brown by email at kelly.brown@stroud.k12.ok.us or Jeffrey Britt at jeffrey.britt@stroud.k12.ok.us.)

DETAILS OF THE MEET:

Date: Saturday, April 15, 2023
Classes: 4A & Below Schools
Divisions: 7th Girls, 8th Girls, 7th Boys, and 8th Boys
Participation: Each event will be limited to three contestants per school.
Each contestant may enter no more than four events. Spike length should be ¼" or shorter. Blocks will be provided.
Time: Coaches meeting will be held at 9:00 a.m. with field events starting at 9:30 a.m.
and running events beginning at 9:45 a.m.
Entry Fee: The entry fee is \$70.00 per division. \$15.00 per individual up to 4 individuals.
Make checks payable to Stroud Middle School.
Scoring: Team Plaques will be awarded to the winner of each division.
Awards: Medals for the first three places in the relays. Top five receive medals in individual events.
Hospitality: Lunch will be provided for coaches.
Parking: Bus parking will be located just south of the track building-enter on road immediately south of the Administration Building which is located on Gillispie Drive.
Tents: All camps will be located by the Stroud Administration Building east of the track.

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

For additional information call: **Jim Campbell**
918-987-1249 school
405-328-0338 cell

Jayson Cooper
918-285-0868 cell

Kelly Brown
405-612-8597 cell

Kallie Jo Petrie
817-874-6382 cell

"Building Character Through Competitive Athletics"

ORDER OF EVENTS

TIMED FINALS-9:45 A.M.

400 Meter Relay	Girls-Boys
3200 Meter Relay	Girls-Boys
100 Meter Hurdles	Girls-Boys
800 Meter Relay	Girls-Boys
800 Meter Run	Girls-Boys
100 Meter Dash	Girls-Boys
400 Meter Run	Girls-Boys
300 Meter Hurdles	Girls-Boys
200 Meter Dash	Girls-Boys
1600 Meter Run	Girls-Boys
1600 Meter Relay	Girls-Boys

FIELD EVENTS-9:30 A.M.

Long Jump	7-G, 8-G, 7-B, 8-B
High Jump	7-B, 8-B, 7-G, 8-G
Shot Put	8-G, 7-G, 8-B, 7-B
Discus	8-B, 7-B, 8-G, 7-G
Pole Vault	8-G, 7-G, 8-B, 7-B

**COACHES, PICK UP YOUR MEDALS AND OTHER APPLICABLE
AWARD(S) AT THE END OF THE MEET. THEY WILL NOT BE
GIVEN TO THE ATHLETES. PLEASE CHECK FOR ACCURACY
BEFORE LEAVING THE MEET.**



Stroud Middle School Track Invitational Online Entry Instructions

(#495502)

Date 4/15/2023 **Host** Stroud

Location Stroud Middle School **Director**
720 Gillispie Ave., Stroud, OK 74079

Field Start 9:30 AM

Track Start 9:45 AM

Athlete Registration will be locked on 4/13/2023 at 12:00 PM (local time)

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the Events page
- In the search bar, enter **Stroud Middle School Track Invitational**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the Stroud Middle School Track Invitational

- Locate **Stroud Middle School Track Invitational** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.
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