Suburban Conference Middle School Track Meet

Tuesday –April 25, 2023

Carl Albert High school

There has been a time change for this meet. We will now start the meet at 1:00 pm. There will also be a 7th and 8th grade division for girls and boys.

Timing provided by ENDURO Timing. All team entries must be completed online at www.endurousa.com. If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website (www.endurousa.com). After you set up your account, you must UPGRADE your account to "Coach of Record (school meets)". The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on "My Roster List" and continue. (1) Setup - - - then UPGRADE your ENDURO USA account so you can add your school and desired roster(s); (2) After you upgrade, click on "My Roster List" (left side of Home Page) to find your rosters and add students" (3) Add the meet to your schedule (Main Roster window) and enter your students.

Meet entries must be completed by 1:00pm Monday April 24th.

LOCATION: The Track is located behind the Carl Albert Middle School next to the high school football stadium. The MS address is 2515 S. Post Rd. Mid-West City, Ok. Restrooms and concessions stand will be available.

Contact Information:

cedmondson@mid-del.net

FIELD EVENTS BEGIN AT 1:00 P.M.

Shot Put: Girls, Boys…. Del City

Discus: Boys, Girls……. Shawnee

Pole Vault: Girls, Boys ……………. Carl Albert

Long Jump: Girls, Boys……. Piedmont

High Jump: Boys, Girls…….. Guthrie

RUNNING EVENTS BEGIN AT 1:30 AM.

400 Meter Relay…………………………………………………………Girls/Boys

3200 Meter Relay………………………………………………………..Boys/Girls

100 Meter Hurdles …………………………………………………………Girls

110 Meter Hurdles……………………………………………………..Boys

3200 Meter Run……………………………………………………..…..Girls/Boys

800 Meter Relay…………………………………………………………Girls/Boys

800 Meter Run…………………………………………………………….Girls/Boys

100 Meter Dash……………………………………………………………Girls/Boys

400 Meter Dash……………………………………………………………Girls/Boys

300 Meter Hurdles……………………………………………………………Girls

300 Meter Hurdles……………………………………………………………Boys

200 Meter Dash…………………………………………………………Girls/Boys

1600 Meter Run……………………………………………………………Girls/Boys

1600 Meter Relay…………………………………………………………Girls/Boys