

3rd Annual Larry Pickens Memorial Track Meet

7-8 Grade Boys & Girls

One Division

Tuesday April 11, 2023

Open to schools 4A and below.

Space Limited

Reserve by calling or texting

Enter teams on Endurousa.com

We have a brand new facility and are excited to host Track meets again.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Monday, April 10th @ 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

Coaches Meeting @ 9:45 a.m.

1. Field events starting at 10:00 a.m.
Preliminaries in running events start at 10:30 a.m.
2. A school may enter 3 in each event.
3. Association rules apply.
4. Points will be scored as follows
 - a. 10-8-6-4-2-1
 - b. 20-16-12-8-4-2 Relay Points
5. Medals will be given to the 1st-5th places in each event.
6. No Fans will be allowed on the Turf football field. Participants and coaches ONLY!
7. Masks are recommended while not competing.
8. The entry Fee is \$75 per team.
\$15.00 per individual if 3 or less members.
9. Use short spikes only. Starting blocks will be provided.
10. This meet will be Finals only.
11. Meet will be timed using the FAT timing system.
12. Lunch and hospitality room will be provided for coaches.
13. Please make checks payable to **Thomas High School** and mail to:

Matt Hart

Thomas High School

P.O. Box 190

Thomas, Ok 73669

Cell Phone: 580-302-0418

School Phone: 580- 661-3522

Email: mhart@thomas.k12.ok.us

THOMAS JUNIOR HIGH TRACK MEET

ORDER OF EVENTS

Running Events

Start at 10:30 a.m.

3200 m Relay G-B

100 m Hurdles G

110 m Hurdles B

100 m Dash G-B

800 m Relay G-B

1600 m Run G-B

BREAK

400 m Relay G-B

400 m Dash G-B

300 m Hurdles G-B

800 m Run G-B

200 m Dash G-B

1600 m Relay G-B

Field Events

Start at 10:00 a.m.

Shot G-B

Discus B-G

Long Jump B-G

High Jump G-B

Pole Vault G-B