

## Tishomingo Indian Junior High

### Invitational

#### 6th 7th 8th Grades

Thursday March 30th, 2023

Coaches, we are proud to invite you to our Tishomingo Indian Junior High Invitational. We have a Track only facility with a seven-lane all-weather track.

- Coaches meeting 9:00 in the field house, field events begin at 9:30 and running events begin at 10:00.
- There will be six divisions 6th Grade Girls 6th Grade Boys 7th Grade Girls 7th Grade Boys 8th Grade Girls 8th Grade Boys
- Entry Fee: \$80.00 per division or \$450.00 for all six divisions
- ON-LINE ENTRES - - - see below - -
- Entry Deadline: day before the meet (March 29th) @ 5pm. (see below)
- Qualifying heights and distances to be determined at the coaches meeting. (There will be a qualifying mark in shot put, discus, and long jump), each athlete will get three competitive attempts. ONLY qualifying marks will be measured.
- All running events will be automated timed finals.
- Hospitality room provided for coaches and administrators in the Field House.
- Coaches, please have only athletes who are warming up, competing, or cooling down on the infield. NO camps allowed on the infield.
- Custom medals awarded to the top **three** relay finishers and top **five** finishers in all other events.
- ¼ inch spikes or shorter ONLY, starting blocks will be provided.
- Bus Parking will be behind the home bleachers on the North side of the Football stadium.

#### OSSAA Rules apply

- If you plan on attending, need further information, or in case of inclement weather contact:  
Jeff Alexander - Cell 903-818-3181 or AD Scott O'Hara - 405-589-1955

**ONLINE ENTRIES:** Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a "division" for each student being entered. **(This is a "Roster Entries" meet.)** The on-line ENTRY DEADLINE is the day before the meet @ 5:00pm. Log into your account at: [www.endurousa.com](http://www.endurousa.com) \*\*\***NO LATE ENTRIES**\*\*\* Schools who have not entered on-line will not be added at the meet.

\*\*\* If you have questions about your ENDURO USA account, please message Kevin through your ENDURO USA account, or email him at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

## ORDER OF EVENTS

### FIELD EVENTS – 9:30 A.M.

Long Jump 6-G, 7-G, 8-G, 6-B, 7-B, 8-B

High Jump 6-B, 7-B, 8-B, 6-G, 7-G, 8-G

Shot Put 8-G, 7-G, 6-G, 8-B, 7-B, 6-B

Discus 8-B, 7-B, 6-B, 8-G, 7-G, 6-G

Pole Vault 8-G, 7-G, 8-B, 7-B (depending on numbers we may group vaulters)

### TIMED FINALS - 10:00 A.M.

400 Meter Relay Girls-Boys

3200 Meter Relay Girls-Boys

100 Meter Hurdles Girls

110 Meter Hurdles 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