

Tishomingo Indian INVITATIONAL

March 31st, 2023

Coaches, we are proud to invite you to our Tishomingo Indian Invitational Track Meet. We have a Track only facility with a Seven-lane all-weather track. --- Coaches meeting at **9:00**, in the Field House. Field events to start at 9:30. Running events start at 10:00

You must contact one of the coaches below to inform us of your attendance.

- There will be Two divisions- Varsity Girls and Varsity Boys.
- Entry Fee: \$95.00 per division \$15:00 individual
- ON-LINE ENTRES Entry Deadline: day before the meet (March 30th) @ 5pm. (see below)
- Medals given to the **top 3 relay** teams and **top 5 individual events**.
- Starting heights and distances to be determined at coaches meeting.
- Hospitality room provided for coaches and administrators in the Field House.
- ¼ inch spikes or shorter only- starting blocks will be provided.
- Bus Parking will be behind the home Football stadium bleachers on the North side.
- Only athletes who are warming up, competing, or cooling down permitted on the infield.
NO camps allowed on infield.

OSSAA Rules apply

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

ONLINE ENTRIES: (This is a "Roster Entries" meet.) Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL steps on the "Entries" window – including the VERIFICATION Step. The ENTRY DEADLINE is the day before the meet 5:00pm. Log into your account at: www.endurousa.com HYPERLINK "<http://www.endurousa.com/>"_NO LATE ENTRIES

***** Schools who have not entered online will not be added at the meet. *****

If you have questions about your ENDURO USA account, please message Cara through your ENDURO USA™ account, or email him at: cara@runenduro.com

Field Events 9:30

Shot G-B

Discus B-G

High Jump G-B

Long Jump B-G

Pole Vault G-B

Running Events 10:00

3200 Girls, Boys

400 Relay Girls, Boys

3200 Relay Girls, Boys

100 Hurdles 33"

110 Hurdles 39"

100 Girls, Boys

800 Girls, Boys

800 Relay Girls, Boys

400 Girls, Boys

300 Hurdles Girls, Boys

200 Girls, Boys

1600 Girls, Boys

1600 Relay Girls, Boys