

# RED RIVER INVITATIONAL Track Meet

## Classes 1A-3A

Waurika High School will host a High School Track & Field meet on

**Saturday, April 22, 2023.**

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Friday, April 21<sup>st</sup> @ 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](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)

**PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet (on the right side of the window). REMEMBER, you must VERIFY your entries for completeness and accuracy on the "Entries" window.**

**We will run our meet with the regional format. (see "Order of Events")**

**Starting Time: Coaches Meeting 9:00**

**Field Events 9:30**

**Running Events 9:45**

**\*\*Admission Entry Fee: \$80 per team Less than 4 members \$10 each.**

**Divisions: High School Girls High School Boys**

**Participation: Each athlete may compete in 4 events. Each school may enter 3 in each event.**

**Team Awards: Team scores will be kept but there will be no team trophies.**

**Medals: Medals will be awarded to top 5 individuals and top 3 relays.**

**Inclement Weather: Call Joe Masoner (cell) 580-313-0224 - or - Roger Jessie 580-228-4576 School 580-228-2341 - Also, visit our meet's "PREVIEW" window for last-minute information.**

### ENTRY FORM:

School \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ HS Girls \_\_\_\_\_ HS Boys

**Mail to:**

**Joe Masoner**

**Waurika High School**

**600 E. Florida**

**Waurika, OK 73573**

# ORDER of EVENTS

**Field Events:** Prelims 3 Throws or Jumps; Finals 3 Throws or Jumps

Shot: HS Girls, HS Boys

Discus: HS Boys, HS Girls

High Jump: HS Girls, HS Boys

Long Jump: HS Boys, HS Girls

## **Running Events:**

### **PRELIMINARIES**

400 Relay - Girls, Boys

3200 Relay - Girls, Boys (Final)

100 H. Hurdles - 33" Girls

110 H. Hurdles - 39" Boys

100 Dash - Girls, Boys

3200 Meter Run - Boys (Final)

800 Relay - Girls, Boys (Final)

3200 Meter Run - Girls (Final)

200 Meter Dash - Girls, Boys

<Approximately 45 minute break>

### **FINALS**

400 Meter Relay - Girls, Boys

800 Meter Run - Girls, Boys

100 Meter High Hurdles - Girls

110 Meter High Hurdles - Boys

100 Meter Dash - Girls, Boys

400 Meter Dash - Girls, Boys

300 Meter Low Hurdles - Girls

300 Meter Int. Hurdles - Boys

200 Meter Dash - Girls, Boys

1600 Meter Run - Girls, Boys

1600 Meter Relay - Girls, Boys