



Oklahoma City Public Schools **ATHLETICS**



ALL CITY ATHLETIC CONFERENCE CHAMPIONSHIPS (ACAC)

Saturday, April 20, 2024
CB Speegle Stadium

Coaches Meeting: 9:00am
Field Event Start: 9:30am
Running Event Start: 10:00am

All entries will be entered ONLINE @ www.endurousa.com

ATTENTION COACHES: On-line Entry DEADLINE is: **Thursday, April 18th @7pm.** 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 you need assistance with your ENDURO USA™ account, contact Cara at: cara@runenduro.com. THIS WILL BE A SEEDED MEET.

Invitation Code: 24acacmsinv2

- DIVISIONS (2):** MS Girls and MS Boys
- LIMITATIONS:** Event Entries will be limited to three individuals/one relay team per school. Athletes are limited to four events total.
- FIELD EVENTS:** Each athlete will be given three throws/jumps
- HEATING:** The heating benches will be located on the infield
- AWARDS:** Medals to top three individuals and relays in each division. Coaches may pick up awards at the conclusion of the meet in the press box.
- TROPHIES:** Banners will be awarded to the 1st and 2nd place team winners.
- RESULTS:** Live results will be available
- HOSPITALITY:** Will be provided for coaches in a designated area
- CONCESSIONS:** There will be a full concession available & Kona Ice
- SPECTATORS:** \$5.00





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COACHES/Workers INFO AND GUIDELINES:

1. Make sure your athletes are entered into enduroussa.com by 7:00 PM on April 18th!
2. Make sure your athletes are eligible or cleared by principal with Cindy Elder before participating.
3. All teams will sit on the visitor side of the bleachers in the stadium. Teams will be allowed to have tents on visitor side. Please keep your athletes in that designated camp area as much as possible. Athletes are not allowed on the infield unless they are getting heated up for their race. This will aid in the timing of events and the smooth running of the meet. Hurdle practice will be limited to the infield before the races.
4. All fans/spectators should remain in the stands and not on the infield.
5. The WEST gate will be open for teams starting at 7:30am. Please have your team arrive together. This gate will be closed at 9:00 am. After 9:00 am, athletes will need to enter through the SE gate and will need to be in uniform to enter.
6. Fans will enter through the SE gate. The fan gate will open at 8:00 am.
7. Tickets are \$5 for school age and above. Coaches and district passes will be honored.
8. There will be a full concession available and Kona Ice.
9. Make sure your camp area is clean before your team leaves.
10. Awards will be given out after the 4x400 relay. Please do not ask for them early.

This is our ACAC Championships and it will take every team to help make it a success. It is required that each team sign-up to run a particular area of the meet. That signup sheet will be provided no later than, Wednesday, April 10, 2024

Questions?

Keitha Wyatt 405-570-0639 kdwyatt@okcps.org or

Cindy Elder 405 248-6639 caelder@okcps.org

Coaches meeting will be on the infield near clerking area



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SCHEDULE OF EVENTS

Field Events at 9:30 a.m.

Long jump – Girls/Boys

High jump – Boys/Girls

Shot –Girls/Boys

Discus – Boys/Girls

Running events at 10:00 a.m.

Girls/Boys

4x100m relay

4x800m relay

110m hurdles- (33" Boys)

100m hurdles- (30" Girls)

15MIN BREAK

4x200m relay

800m run

100m dash

400m dash

300m hurdles

200m dash

1600m run

4x400m relay

ROLLING SCHEDULE

(TIMED FINALS)

The track is at C.B. Speegle Stadium *698 SW Grand Blvd #600, Oklahoma City, OK 73109

