



Alex ELEM & JH Invitational
March 14, 2024
ELEM, JH Divisions

Coaches meeting: 9:30 am
Field Events: 10:00 am
Running Events: 10:15 am

Track coaches: This invitational is for Elementary (5-6) and Junior High (7-9) teams.

Entry fees: \$75 per Division
\$15 per individual (if less than 4 members on a team)
Make checks payable to Alex Public Schools

Awards: Medals to the top 3 in each event.

4 Divisions: ELM Girls, ELM Boys, JH Girls, JH Boys

Timed Finals: All events

Track: 8 lane all weather surface. Short spikes only.

Parking: Buses park on east side of football field.

Facilities: Concession provided. Hospitality for coaches. No dressing rooms

Entries: All team entries must be completed online. www.enduro.com

Send checks to: Alex Public Schools
P.O. Box 188
Alex, OK 73002
Email: jotey@alex.k12.ok.us cell (405) 351-0810



Schedule of events

9:30 am Coaches meeting

10:00 am Field events

High jump

Long jump

Shot put

Discus

Pole vault

3 throws, 3 jumps, no finals

ELM Girls, ELM Boys, JH Girls 3'6", JH Boys 4'2"

JH Girls 10', JH Boys 13', ELM Girls, ELM Boys

ELM Boys, ELM Girls, JH Boys 25', JH Girls 20'

JH Boys 70', JH Girls 50', ELM boys, ELM Girls

JH Boys, JH Girls

10:15 am Running Events

Order: ELM Girls, ELM Boys, JH Girls, JH Boys

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles

110 Meter Hurdles

800 Meter Relay

800 Meter Run

100 Meter Dash

400 Meter Run

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay

JH Girls, JH Boys

ELM Girls, ELM Boys, JH Girls

JH Boys

JH Girls, JH Boys

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY