



**Alex 8-Man Invitational
Friday, March 29th , 2024
HS/JH Division**

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

Track coaches: On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex HS Invitational on Friday, March 29th, 2024 starting at 9:30 am. This invitational is for High School and Junior High **8-Man Schools only**.

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: JH Girls, JH Boys, HS Girls, HS 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

9:00 am Coaches meeting

9:30 am	Field events	3 throws, 3 jumps, no finals
	High jump	JH Girls 3'6, JH Boys 4'2, HS Girls 4', HS Boys 5'2
	Long jump	HS Girls 13', HS Boys 16', JH Girls 10, JH Boys 13'
	Shot put	JH Boys 25', JH Girls 20', HS Boys 30', HS Girls 25'
	Discus	HS Boys 90', HS Girls 70', JH Boys 70', JH Girls 50'
	Pole vault	JH Boys, JH Girls, HS Boys, HS Girls

10:00 am	Running Events
	Order: JH Girls, JH Boys, HS Girls, HS Boys
	400 Meter Relay
	3200 Meter Relay
	100 Meter Hurdles JH Girls, HS Girls
	110 Meter Hurdles JH Boys, HS Boys
	3200 Meter Run
	800 Meter Relay
	800 Meter Run
	100 Meter Dash
	400 Meter Run
	300 Meter Hurdles
	200 Meter Dash
	1600 Meter Run
	1600 Meter Relay

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY