



**Alex 4th, 5th and 6th Grade Invitational
Friday, April 19th, 2024
4th/5th/6th Divisions**

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

Track coaches: On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex 4th, 5th and 6th Invitational on Friday, April 19th, 2024 starting at 10:00 am.

Entry fees: \$25 per Division
\$150 for all Divisions
Make checks payable to Alex Public Schools

Awards: Medals to the top 3 in each event.

Contestants: Each division is allowed **3 ATHLETES** per event and **1 RELAY**. Athletes may enter 4 events maximum.

4 Divisions: 4th Girls, 4th Boys, 5th Girls, 5th Boys, 6th Girls, 6th 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 at: <https://enduroussa.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

Softball Throw

3 throws, 3 jumps, no finals

4th Girls, 4th Boys, 5th Girls, 5th Boys, 6th Girls, 6th Boys

4th Boys, 4th Girls, 5th Boys, 5th Girls, 6th Boys, 6th Girls

6th Girls, 6th Boys, 5th Girls, 5th Boys

5th Girls, 5th Boys, 6th Girls, 6th Boys

4th Girls, 4th Boys

10:15 am **Running Events**

Order: 4th Girls, 4th Boys, 5th Girls, 5th Boys, 6th Girls, 6th Boys

400 Meter Relay

60 Meter Hurdles

100 Meter Hurdles

800 Meter Relay

800 Meter Run

100 Meter Dash

400 Meter Run

200 Meter Dash

1600 Meter Relay

4th Girls, 4th Boys

5th Girls, 5th Boys, 6th Girls, 6th Boys

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY