



Ardmore Middle School



Invitational Track Meet-Thursday, April 11th, 2024

**If you plan to attend, please send an email to
JyWayne Allen at jallen@ardmoreschools.org**

****Roster Entries-Heating will be done at meet****

DIVISIONS: 7th Grade and JH(8/9 grade) Girls & Boys divisions.

ATTENTION COACHES: On-line Entry DEADLINE for our meet is Wednesday, April 10th @ 12pm (Wednesday). (((The meet will be CLOSED at 12PM!))) No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the Steps on the "ENTRIES Window". Entries must be verified. 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. If you need assistance with your ENDURO USA™ account, email Cara Branson at: cara@runenduro.com - - - Please log into your ENDURO USA™ account at: www.endurousa.com

- - - NEW - - -

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that may affect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you login to your account.

Coaches Meeting: 8:30 a.m. in the field house.

Starting Time: Field Events: 9:00 a.m. - - - Running Events: 10:00 a.m.

Awards: Medals for first three (3) places in each individual event, and first three (3) places in relay events. Top team in each division will receive a plaque.

Field Events: Each competitor will have to achieve a qualifying mark in the throws and long jump with marks to be determined at the coaches meeting. Then they will Pole Vault and High jump starting heights will also be determined at the coaches meeting.

Heating: Heating will be done at the heating benches located on the NORTHWEST corner of the track in the fenced area(near the start of the 100 dash)

Concession/Admission: The concession stand will be open. Admission will be charged for spectators(\$5 for adults, \$3 for students). Restrooms are available.

Hospitality Room: There will be a hospitality room for coaches in the fieldhouse.

Parking: Bus parking will be on the West side of the stadium by the Baseball/Softball fields.

Team Camps: No team camps/tents inside the fence surrounding the track.

Infield: Coaches ONLY on the infield. Spectators need to be seated in bleachers, only.

Entry Fee: \$60 per Division, or \$200 for all four divisions. \$10 individual (5 or fewer athletes)

**Make Checks payable to Ardmore High School Track
PO Box 1709 Ardmore, OK 73402**

Please contact us with any questions:

Carl Fields-Head Girls Coach
580-223-2475(school)
cfields@ardmoreschools.org

JyWayne Allen-Head Boys Coach
580-630-4849(cell)
580-223-2475(school)
jallen@ardmoreschools.org

Thursday, April 11th, 2024
Order of Events

Field Events 9:00AM

9:00- High Jump- 7th Boys, JH Boys, JH Girls, 7th Girls
Long Jump- JH Girls, 7th Girls, 7th Boys, JH Boys
Shot Put- JH Boys, 7th Boys, 7th Girls, JH Girls
Discus- 7th Girls, JH Girls, JH Boys, 7th Boys
Pole Vault- Boys/Girls(combined grades, awards will be split)

Running Events 10:00AM

400 Relay 7th/JH Girls, 7th/JH Boys
3200m Relay 7th/JH Girls, 7th/JH Boys
100m Hurdles 7th/JH Girls
110m Hurdles 7th/JH Boys
3200m Run Girls(combined divisions, awards will be split)
3200m Run Boys(combined divisions, awards will be split)
800m Relay 7th/JH Girls, 7th/JH Boys

<proposed 30 minute lunch break>

800m Run 7th/JH Girls, 7th/JH Boys
100m Dash 7th/JH Girls, 7th/JH Boys
400m Dash 7th/JH Girls, 7th/JH Boys
300m Hurdles 7th/JH Girls, 7th/JH Boys
200m Dash 7th/JH Girls, 7th/JH Boys
1600m Run 7th/JH Girls, 7th/JH Boys
1600m Relay 7th/JH Girls, 7th/JH Boys

*A throwers relay will be held prior to the 1600 M. Relay so that we can make sure that all of our throwers are done with field events. Each team must have at least ONE (1) female.