Bishop McGuinness Catholic High School
7th and 8th Grade Track Meet
Monday APRIL 1, 2024

Dear Coach,   December 8, 2023

Bishop McGuinness will host its annual Irish Jr. High Track Classic on Monday, April 1, 2024.
There will not be any 3200m Runs in any division.

The meet will include boys and girls competing in separate divisions for 7th and 8th grade only.
The cost of the meet will be $ 75.00 per team per division. Medals will be awarded to the top
5 individuals in each of the open events, top 3 teams in each relay, and trophies will be given to
the top team in each division. Each athlete is limited to 4 events, including relay participation.
Each school is limited to 3 individuals per open event and 1 relay team per race.
You may enter a "B-team" for additional team entry fee of $50.00. NOTE: Athletes must be
designated as "B-Team" on the Entries Window. Athletes may NOT switch between "A-Team"
and "B-Team" at the meet. In Shot, Discus, and Long Jump each contestant will be given 3
attempts. Top 7 will advance to finals.   Starting heights in HJ and PV will be determined at the
coaches meeting.

*** There is a 14 Team Limit to this meet*** Priority will be given to teams that have all 4
divisions*** Please contact Scott Stevenson to reserve a spot: sstevenson@bmchs.org

There will be a coaches meeting at 9:00 AM in the field house, and all running and field events
will begin promptly at 9:30 AM.

The track is a 6-lane polyurethane surface. Your athletes can wear track spikes but they
cannot exceed the 1/4-inch length. Shoes of all contestants will be checked at all events
.
This will be a sanctioned meet by the Oklahoma Secondary Activities Association,
and all rules will apply. **OUR MEET WILL FEATURE F.A.T. (Fully Automatic Timing)**

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA
website by completing the steps on the "Entries" window to select a "division" for each student being
entered. (This is a "Roster Entries" meet.) The online ENTRY DEADLINE is the day before the meet @
5:00pm. Log into your account at: www.endurousa.com NO LATE ENTRIES *** Schools who have not
entered on-line will not be added at the meet. *** If you have questions about your ENDURO USA account,
please message Cara through your ENDURO USA account, or email him at: cara@runenduro.com

Please log into your ENDURO USA™ account at: www.endurousa.com

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PREVIEW window: Immediately before you depart for our meet, please view our meet's
PREVIEW window for any last minute changes that effect the meet. (. . . bad weather info, etc.)
You can use the "short cut" to our meet's PREVIEW window by clicking on our meet in the "Student
Meets & Events **LIST**" (on the right side of the window) after you log into your ENDURO USA™ account.

**The entry deadline for this meet is Sunday,March 31,2024
5:00pm
www.endurousa.com**

Make checks payable to: Bishop McGuinness Catholic High School, attn.:Scott Stevenson

In case of bad weather: 405 255-5723 and visit our meet's PREVIEW window immediately before departing for the meet. Questions, please contact Scott Stevenson, sstevenson@bmchs.org

BISHOP MCGUINNES JUNIOR HIGH Monday APRIL 1, 2024

Coaches Meeting 9:00 AM   First Race 9:30 AM

400 meter Relay	7th, 8th Girls / 7th, 8th Boys
3200m Relay	7th, 8th Girls / 7th, 8th Boys
100m Hurdles	7th, 8th Girls
110m Hurdles	7th, 8th Boys
800m Relay	7th, 8th Girls / 7th, 8th Boys
800m Run	7th, 8th Girls / 7th, 8th Boys
100m Dash	7th, 8th Girls / 7th, 8th Boys
400m Dash	7th, 8th Girls / 7th, 8th Boys
300m Hurdles	7th, 8th Girls
300m Hurdles	7th, 8th Boys
200m Dash	7th, 8th Girls / 7th, 8th Boys
1600m Run	7th, 8th Girls / 7th, 8th Boys
1600m Relay	7th, 8th Girls / 7th, 8th Boys

FIELD EVENTS Times are approximate; we will have a running schedule for field events.

9:30 AM	8th, 7th Boys Long Jump
	7th, 8th Girls High Jump
	7th, 8th Girls Discus
	7th, 8th Boys Shot Put
	7th, 8th Boys Pole Vault (Will jump at the same time)
1:00 PM	8th, 7th Girls Long Jump
	7th, 8th Boys High Jump
	7th, 8th Boys Discus
	7th, 8th Girls Shot Put
	7th, 8th Girls Pole Vault (Will jump at the same time)