

Welcome to the 52nd Annual Titan Invitational

You are invited to attend the Carl Albert Invitational track meet on Friday April 19th.

Entries will be limited to 15 teams so make contact as soon as possible to get your spot confirmed and reserved. Contact Bill Case wcase@mid-del.net or Cameron Couch ccouch@mid-del.net to receive your "Invitation Code".

This will be a *Seeded Entries Meet*. Schools must submit their entries on-line at www.enduroussa.com by completing the necessary steps on the "Entries Window". **The entry deadline is Thursday April 18th at 1:00pm.** *No late entries accepted. If you do not enter on-line, your school will NOT be added at the meet.*

We are looking forward to a great meet and appreciate you all coming. Please see the following pages for your convenience before attending.

The Enduro Entry code will be sent out once confirmed

Here are a few things we would like to cover before Friday.

- This is a seeded meet. **Please have your entries into Enduro by Thursday 1:00 PM**
- We are running A teams only this year.
- We will heat at the start line. There will be no heating benches.
- Heat sheets will be posted on a table at the south end zone for athletes to view
- Only coaches and athletes warming up are allowed on the field. No team camps on the field.
- Coaches Hospitality Room will be under the home side bleachers
- Gate entry will be \$7. However, \$5. If using the online QR Code attached
- Entry fee: \$200 for each school (\$100 varsity boys / \$100 varsity girls)

COACHES MEETING 9:30

RUNNING EVENTS BEGIN AT 10:30 A.M.

4x100 Meter Relay.....Girls/Boys
4x800 Meter Relay..... Girls/Boys
100/110 Meter HurdlesGirls/Boys
3200 Meter Run.....Girls/Boys
4x200 Meter Relay..... Girls/Boys
800 Meter Run.....Girls/Boys
100 Meter Dash.....Girls/Boys
400 Meter Dash.....Girls/Boys
300 Meter HurdlesGirls/Boys
200 Meter Dash.....Girls/Boys
1600 Meter Run.....Girls/Boys
4x400 Meter Relay.....Girls/Boys

FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls 25' /Boys 35'
Discus: Boys100'/ Girls 80'
High Jump: Boys 5'4"/Girls 4'4"
Pole Vault: Girls 6'6"/ Boys 7'6"
Long Jump: Girls 14'/ Boys 18'



TITAN TRACK

Carl Albert High School
2009 South Post Road
Midwest City, Oklahoma 73130
405-739-1648 Ext. 3021



CARL ALBERT INVITATIONAL INVOICE

SCHOOL _____

ACTIVITY _____CA Track Meet_____

ACTIVITY DATE _____4/19/2024_____

ENTRY FEE: Varsity: \$100 per team (\$200 for both boys & girls)

AMOUNT DUE _____

PLEASE MAKE CHECKS PAYABLE TO:

CARL ALBERT TRACK
2009 S. POST ROAD
MWC, OK 73130



**GET YOUR
TICKETS
ONLINE**

**SCAN QR CODE
TO PURCHASE
TICKETS NOW**



OR DOWNLOAD THE

HOMETOWN FAN APP



HomeTownTix

Powered by  HOMETOWN



Mid-Del Athletic

Outdoor Prohibited Items

NO FIREARMS, WEAPONS, OR EXPLOSIVES ALLOWED ON MID-DEL SCHOOL CAMPUSES.

Oklahoma prohibits possession of a firearm on any public or private school property.

PROHIBITED ITEMS:

- Explosives, firearms, or weapons
- Alcohol (in all forms)
- Bags, backpacks, fanny packs & hard binocular cases (ONLY clear tote bags allowable)
- Beach balls, footballs, balls, or other sporting equipment
- Coolers, containers, or ice chests
- Laser pointers
- Pets (with the exception of registered service animals)

***Subject to change. Any item left at the gate will be disposed.**