

Duncan Middle School Track Meet

Duncan High School invites you to the Duncan Middle School Track Meet to be held on Tuesday April 9th, 2024

1. There will be a 7th and 8th grade division for both boys and girls.
2. This meet is OSSAA sanctioned.
3. Medals will be awarded to top five finishers in all individual events and top three in relays.
4. **No team trophies**
5. All running events will be timed finals.
6. All heating will be done on the football field.
7. Each school is limited to three athletes per event and each athlete is limited to 4 events.
8. There will be a hospitality room for coaches.

ONLINE ENTRIES MEET: Entries are being handled thru ENDURO USA. 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 athlete being entered.

THIS IS A ROSTER ENTRIES MEET ENTRIES DUE MONDAY APRIL 8 BY 12:00pm

Log into your account at www.enduroussa.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 or meet registration, please contact: Todd Ledford 580-467-2741 or todd.ledford@duncanps.org

Please email or call Todd Ledford 580-467-2741- todd.ledford@duncanps.org or Tim Buben 580-470-5042 – tim.buben@duncanps.org if you plan on attending!!

The entry fee for the meet is **\$90.00** per division and \$15 per individual. Please make checks payable to **Duncan High School Track and Field. 1325 N 19th St Duncan, OK 73534**

7th Girls_____ 7th Boys_____ 8th Girls_____ 8th Boys_____

School:_____ Coach:_____

Contact Number:_____



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Order of events

Coaches meeting 9:30

Field Events - 10:00am

Shot Put	7G, 7B, 8B, 8G
Discus	8B, 8G, 7G, 7B
Pole Vault	7G & 8G, 7B & 8B
Long Jump	8B, 8G, 7B, 7G
High jump	7G, 7B, 8B, 8G

Running Events – 10:00am (timed finals)

4x100 Relay	7G, 7B, 8G, 8B
4x800 Relay	7G, 7B, 8G, 8B
100m Hurdles	7G, 8G
110m Hurdles	7B, 8B
3200 Run	7G, 7B
4x200 Relay	7G, 7B, 8G, 8B
800m Run	7G, 7B, 8G, 8B
100m Dash	7G, 7B, 8G, 8B
3200 Run	8G, 8B
400m Dash	7G, 7B, 8G, 8B
300m Hurdles	7G, 7B, 8G, 8B
200m Dash	7G, 7B, 8G, 8B
1600m Run	7G, 7B, 8G, 8B
4x400m relay	7G, 7B, 8G, 8B