

# Duncan Middle School Track Meet

Duncan High School invites you to the Duncan Middle School Track Meet to be held on Monday April 22nd, 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 SUNDAY APRIL 21 BY 12:00pm**

Log into your account at [www.enduroussa.com](http://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](mailto:todd.ledford@duncanps.org)

**Please email or call Todd Ledford 580-467-2741- [todd.ledford@duncanps.org](mailto:todd.ledford@duncanps.org) or Tim Buben 580-470-5042 – [tim.buben@duncanps.org](mailto: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 |