



Hennessey High School Track Meet

4A and Under

Public Schools Only

On behalf of Hennessey Public Schools, we would like to invite you and your teams to participate in our track meet. This will be a timed finals meet.

DATE: March 15th, 2024

TIME: Coaches meeting will be held at 10:00 A.M. with field events starting promptly at 10:15 A.M. and running events at 11:00 A.M.

DIVISIONS: 2 divisions; High School Girls and High School Boys

PARTICIPATION: Only four (4) events may be entered by one contestant. Each team may enter three (3) contestants per individual event and one (1) team per relay event.

$\frac{1}{4}$ " or less pyramid spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.

ENTRY FEE: Fee is \$90 per team, or \$180 for both teams. If less than four (4) athletes from a school, the fee is \$18 per athlete. Please make checks payable to Hennessey Public Schools.

AWARDS: Medals will be awarded for 1st – 3rd place for individual events and relays. Team score will be kept, but no team trophies will be presented.

A concession stand will be open.

Please RSVP to Coach Cheyenne Baxter or Coach Mark Cox to confirm entry.

Contact Information:

(cell) 405-853-0088 (Cox)

(cell) 405-693-5026 (Baxter)

cbaxter@hps.k12.ok.us

mcox@hps.k12.ok.us

On-line Entry Deadline: Thursday, March 14th @ 5pm. * * * * All entries must be completed on-line at: www.endurousa.com - - - Complete All Steps – including the VERIFICATION Step. If you do not complete ALL steps on the meet's "Entries Window" (including the VERIFICATION Step), your athletes will NOT be entered. Be sure to designate each athlete as "A", or "B" Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: www.endurousa.com. --- NO EXCEPTIONS!!! If you have questions about your ENDURO USA™ account, please contact Car Branson at:

cara@runenduro.com



**Hennessey
High School Order of Events**

Field Events: 10:15 am

Shot Put: Boys - Girls
Discus: Girls - Boys
Long Jump: Girls - Boys
High Jump: Boys - Girls
Pole Vault: Girls - Boys

**Running Events: 11:00 am
*** Timed Finals *****

400 Meter Relay Girls Boys
3200 Meter Relay Girls Boys
100 Meter Hurdles 33" Girls
110 Meter Hurdles 39" Boys
3200 Meter Run Boys
800 Meter Relay Girls Boys
800 Meter Run Girls Boys
100 Meter Dash Girls Boys

PROPOSED BREAK

3200 Meter Run Girls
400 Meter Dash Girls Boys
300 Meter Hurdles 30" Girls
300 Meter Hurdles 36" Boys
200 Meter Dash Girls Boys
1600 Meter Run Girls Boys
1600 Meter Relay Girls Boys