



## **Hennessey 7th/8th Grade 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:** April 15th, 2024

**TIME:** Coaches meeting will be held at 9:30 A.M. with field events starting promptly at 9:45 A.M. and running events at 10:30 A.M.

**DIVISIONS:** 2 divisions; 7/8 girls and 7/8 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.

¼" 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 \$80 per team, or \$160 for both teams. If less than four (4) athletes from a school, the fee is \$15 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](mailto:cbaxter@hps.k12.ok.us)

[mcox@hps.k12.ok.us](mailto:mcox@hps.k12.ok.us)

**On-line Entry Deadline:** Sunday, April 14th @ 5pm. \* \* \* \* All entries must be completed on-line at: [www.endurousa.com](http://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](http://www.endurousa.com). --- NO EXCEPTIONS!!! If you have questions about your ENDURO USA™ account, please contact Car Branson at:

[cara@runenduro.com](mailto:cara@runenduro.com)



**Hennessey**  
**7th - 8th Grade Order of Events**

**Field Events: 9:45 am**

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

**Running Events: 10:30 am**  
**\*\*\* Timed Finals \*\*\***

- 400 Meter Relay Girls - Boys
- 3200 Meter Relay Girls - Boys
- 100 Meter Hurdles Girls
- 110 Meter Hurdles Boys
- 800 Meter Relay Girls - Boys
- 800 Meter Run Girls - Boys
- 100 Meter Dash Girls - Boys

Proposed Break

- 400 Meter Dash Girls - Boys
- 300 Meter Hurdles Girls
- 300 Meter Hurdles Boys
- 200 Meter Dash Girls - Boys
- 1600 Meter Run Girls - Boys
- 1600 Meter Relay Girls - Boys