



# 1<sup>st</sup> Annual Unleash The Bear Track & Field Invitational



*John Marshall Enterprise Middle School invites your school to participate in our  
1<sup>st</sup> Annual Unleash The Bear Track and Field Invitational*

*This event will be held on Saturday, March 30<sup>th</sup> 2024*

*The track is at C.B. Speegle Stadium \*698 SW Grand Blvd #600, Oklahoma City, OK 73109*

**Coaches Meeting: 9:00am**

**Field Event Start: 9:30am**

**Running Event Start: 10:00am**

**ATTENTION COACHES:** On-line Entry DEADLINE is: **Thursday, March 28<sup>th</sup> @7pm.** No late entries accepted. Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on the “ENTRIES Window” – including the “**Verification Step**”. Please log into your ENDURO USA™ account at: [www.endurousa.com](http://www.endurousa.com). If you need assistance with your ENDURO USA™ account, contact Cara at: [cara@runenduro.com](mailto:cara@runenduro.com). THIS WILL BE A SEEDED MEET so start the process early.

TrackforLife is providing FAT timing

**\*\*The field will be limited to the first 10 schools that contact the meet directors.\*\***

- ENTRY FEE:** \$65 per division, \$260 for all four, \$15 for individuals (4 or less)
- DIVISIONS (4):** 7th girls, 7th boys; 8th girls, 8th boys
- LIMITATIONS:** Event Entries will be limited to three individuals/one relay team per school. Athletes are limited to four events total.
- FIELD EVENTS:** Each athlete will be given four throws/jumps
- HEATING:** The heating benches will be located on the infield
- AWARDS:** Medals to top three individuals and relays in each division. Coaches may pick up awards at the conclusion of the meet in the press box.
- TROPHIES:** Plaques will be awarded to the 1st place team in each division.
- RESULTS:** Live results will be available
- HOSPITALITY:** Will be provided for coaches in the press box.
- CONCESSIONS:** There will be a full concession available/Kona Ice
- SPECTATORS:** \$5.00

Please make checks payable to:  
John Marshall Middle School Athletics  
Mail to:  
2401 NW 115h Terrace,  
Oklahoma City, OK 73120

*IN CASE OF INCLEMENT WEATHER View our meet's PREVIEW Window on ENDURO USA or Meet Director's  
Call Keitha Wyatt 405-570-0639 /Andre Caldwell 405-229-6601*



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## SCHEDULE OF EVENTS

### Field Events at 9:30 a.m.

Long jump – 8G, 7G, 8B, 7B

High jump – 8B, 7B, 8G, 7G

Shot – 7G, 7B, 8G, 8B

Discus – 8G, 8B, 7G, 7B

### Running events at 10:00 a.m.

4x100m relay – 7G, 7B, 8G, 8B

4x800m relay – 7G, 7B, 8G, 8B

100m hurdles – 7G, 8G

110m hurdles-7B,8B

100m dash – 7G, 7B, 8G, 8B,\*

4x200m relay – 7G, 7B, 8G, 8B

800m run – 7G, 7B, 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

## ROLLING SCHEDULE (TIMED FINALS)

(\*50m dash- Future Track Stars (5yrs and under)

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