33nd Annual Kenny Roof Invitational Track Meet
HS Boys & Girls
Friday April 12, 2024

Open to schools 4A and below.

Space Limited
Reserve by calling or texting
Enter teams on Endurousa.com

We have a brand new facility and are excited to host Track meets again.

Coaches Meeting @9:45 a.m.

1. Field events starting at 10:00 a.m.
     Preliminaries in running events start at 10:30 a.m.
2. A school may enter 3 in each event.
3. Association rules apply.
4. Points will be scored as follows
   a. 10-8-6-4-2-1
   b. 20-16-12-8-4-2 Relay Points
5. Medals will be given to the 1st-5th places in each event.
6. No Fans will be allowed on the Turf football field. Participants and coaches ONLY!
7. Masks are recommended while not competing.
8. The entry Fee is $90.00 per team.
     $20.00 per individual if 3 or less members.
9. Use short spikes only. Starting blocks will be provided.
10. This meet will be Preliminaries and Finals (Weather permitting)
11. Meet will be timed using the FAT timing system.
12. Breakfast, Lunch and hospitality room will be provided for coaches.
13. Please make checks payable to **Thomas High School** and mail to:

Matt Hart
Thomas High School
P.O. Box 190
Thomas, Ok 73669
Cell Phone: 580-302-0418
School Phone: 580- 661-3522
Email: mhart@thomas.k12.ok.us

Kenneth Roof Memorial
Prelims-Finals
ORDER OF EVENTS

Field Events
Start at 10:00 a.m.

Shot   G-B

Discus   B-G

Long Jump   B-G

High Jump   G-B

Pole Vault   G-B

Order of Running Events

Preliminaries   10:30 a.m.
400 m Relay   Girls – Boys
3200 m Relay Girls – Boys (Finals)
100 m Hurdles (33")   Girls
110 m Hurdles (39")   Boys
100 m Dash   Girls- Boys
3200 m Run   Boys (Finals)
800 m Relay j Girls Boys (Finals)
3200 m Run   Girls (Finals)
200 m Dash   Girls Boys

Break

Finals
400 m Relay   Girls – Boys
800 m Run   Girls – Boys
100 m Hurdles (33")   Girls
110 m Hurdles (39")   Boys
100 m Dash   Girls – Boys
400 m Dash   Girls – Boys
300 m Hurdles   Girls (30") – Boys(36")
200 m Dash   Girls – Boys
1600 m Run   Girls – Boys
Throwers relay
1600 m Relay Girls – Boys