

Watonga Public Schools

Watonga Invitational Track and Field Meet

March 29, 2024

Watonga High School will be hosting their invitational track meet on March 29, 2024. This is an invite to any 4A and below school. We have a 7 lane track and an 8 lane straight, full pour polyurethane track surface and a fully automatic timing system. There will be two (2) divisions: HS Girls and HS Boys.

We will follow the state association rules and regulations and the following:

- Only schools in class 4A and below may enter the meet.
- This will be a prelims and finals meet.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay.
- Points will be scored 10-8-6-4-2-1 and will double for relays 20-16-12-8-4-2.
- Five (5) medals will be awarded in each individual and relay events.
- An entry fee of \$120.00 per division or \$240.00 for both girls and boys high school teams will be charged. \$30.00 per individual up to 4. If you have a B team that you would like to score and medal the fee will be \$80.00. Make checks payable to Watonga High School. No refunds.
- On-line Entry Deadline: **Wednesday, March 27th @ 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 Cara Branson at: cara@runenduro.com
- ¼" or less spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for their running event.
- Athletes will not be allowed on the field unless they are warming up or competing in an event at the time.
- Coaches meeting will be at 9:30 a.m. Field events will start at 10:00 a.m., Running at 10:30 a.m.
- A concession stand will be open. Coaches will receive a meal ticket.

Contact Coach Coleman if you have any questions about the meet.

Phone: 580-478-2039 Email: jcoleman@watonga.k12.ok.us

**Boys & Girls
Watonga Invitational
March 29, 2024**

Order of Events:

Field Events: 10:00 a.m.

Contestants will have three (3) attempts to qualify for the finals. The top seven (7) will advance to the Finals and be awarded an additional three (3) attempts in the long jump, shot put, and discus throw. Please understand if we have a lot of shot & discus throwers qualifying lines will be used in both events.

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

Preliminaries: 10:30 a.m. (7 to finals)

400 relay	Girls, Boys
3200 relay Final	Girls, Boys
100 hurdles	Girls
110 hurdles	Boys
100 dash	Girls, Boys
3200 run Final	Boys
800 relay Final	Girls, Boys
3200 run Final	Girls
200 dash	Girls, Boys

Finals (30 minute break; about 2:00 p.m.)

400 relay	Girls, Boys
800 run	Girls, Boys
100 hurdles	Girls
110 hurdles	Boys
100 dash	Girls, Boys
400 dash	Girls, Boys
300 hurdles	Girls, Boys
200 dash	Girls, Boys
1600 run	Girls, Boys
1600 relay	Girls, Boys