



**Alex HS Invitational  
Friday, April 4, 2025  
HS Division**

**Coaches meeting: 9:00 am  
Field Events: 9:30 am  
Running Events: 10:00 am**

**Track coaches:** On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex HS Invitational on Friday, April 4th, 2025 starting at 9:30 am. This invitational is for High School teams, 3A and below only.

**Entry fees:** \$90 per Division  
\$15 per individual (if less than 4 members on a team)  
Make checks payable to Alex Public Schools

**Awards:** Medals to the top 5 in each event.

**2 Divisions:** HS Girls, HS Boys

**Timed Finals:** All events

**Track:** 8 lane all weather surface. Short spikes only.

**Parking:** Buses park on east side of football field.

**Facilities:** Concession provided. Hospitality for coaches. No dressing rooms

**Entries:** **ON-LINE ENTRIES-** Coaches must submit all entries on the **Athletic.net website:** [www.athletic.net](http://www.athletic.net) — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** — **ONLINE ENTRIES DEADLINE:** **MARCH 12, 2025** at noon. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Athletic.net account, please email your questions to [jhughes@elginps.net](mailto:jhughes@elginps.net).  
**MEET TIMING & RESULTS-** Timing for the meet is provided by **12:1 Running Timing Services.** Live results are available at [www.twelve1running.com](http://www.twelve1running.com) and [www.athletic.net](http://www.athletic.net).

Send checks to: Alex Public Schools  
P.O. Box 188  
Alex, OK 73002

Email: [jotey@alex.k12.ok.us](mailto:jotey@alex.k12.ok.us)  
Email: [kdeaton@alex.k12.ok.us](mailto:kdeaton@alex.k12.ok.us)

Cell: (405) 351-0810  
Cell: (580) 421-4747



### Schedule of events

**9:00 am** Coaches meeting

<b>9:30 am</b>	<b>Field events</b>	<b>3 throws, 3 jumps, no finals</b>
	High jump	HS Girls 4', HS Boys 5'2
	Long jump	HS Girls 13', HS Boys 16'
	Shot put	HS Boys 30', HS Girls 25'
	Discus	HS Boys 90', HS Girls 70'
	Pole vault	HS Boys, HS Girls

**10:00 am** **Running Events**  
Order: HS Girls, HS Boys  
400 Meter Relay  
3200 Meter Relay  
100 Meter Hurdles  
110 Meter Hurdles  
3200 Meter Run  
800 Meter Relay  
800 Meter Run  
100 Meter Dash  
400 Meter Run  
300 Meter Hurdles  
200 Meter Dash  
1600 Meter Run  
1600 Meter Relay

**NO TEAM CAMPS ON THE INFIELD**

**OSSAA RULES APPLY**