

CARL ALBERT MIDDLE SCHOOL INVITATIONAL

APRIL 1ST 2025

You are invited to attend the Carl Albert Middle School Invitational track meet on Tuesday April 1st. Contact Bill Case wcase@mid-del.net or Chelsey Edmondson cedmondson@mid-del.net to receive your "Invitation Code".

This will be a *Seeded Entries Meet*.

1. Limited to the first 15 teams.
2. Coaches meeting – 9:30, Field Events – 10:00, Running – 10:30
3. There will be 4 divisions: 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys
4. Each division may enter three athletes per event, max of four events per athlete. Also each division is limited to one relay in each relay event.
5. Field event contestants will get four attempts. No Final
6. Buses need to park in the parking lot on the west side of the football field.
7. Entry fee: \$70 per division or \$250 entry fee for all four divisions

Make checks payable to: Carl Albert Track

*Send to: Carl Albert Track
2009 S. Post Road
Midwest City, OK 73110*

ATTENTION COACHES: the On-line Entry DEADLINE is: **Monday, March 31st @ 1pm.** Schools planning to attend must submit their entries on the **Athletic.Net** website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: cara@runenduro.com.



***CARL ALBERT MS INVITATIONAL
TRACK MEET***



FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls 7th/8th Boys 7th/8th	Discus: Boys 7th/8th Girls 7th/8th	Pole Vault: Girls 7th/8th Boys 7th/8th
Long Jump: Girls 7th/8th Boys 7th/8th	High Jump: Boys 7th/8th Girls 7th/8th	

RUNNING EVENTS BEGIN AT 10:30 A.M.

400 Meter Relay.....	Girls 7th/8th...Boys 7th/8th
3200 Meter Relay.....	Girls 7th/8th...Boys 7th/8th
100 Meter Hurdles.....	Girls 7th/8th.....
110 Meter Hurdles.....	Boys 7th/8th.....
3200 Meter Run.....	Girls 7th/8th...Boys 7th/8th
800 Meter Relay.....	Girls 7th/8th...Boys 7th/8th
800 Meter Run.....	Girls 7th/8th...Boys 7th/8th
100 Meter Dash.....	Girls7th/8th....Boys 7th/8th
400 Meter Dash.....	Girls7th/8th....Boys 7th/8th
300 Meter Hurdles.....	Girls 7th/8th...Boys 7th/8th
200 Meter Dash.....	Girls7th/8th...Boys 7th/8th
1600 Meter Run.....	Girls7th/8th...Boys 7th/8th
1600 Meter Relay.....	Girls7th/8th...Boys 7th/8th



TITAN TRACK



Carl Albert High School
2009 South Post Road
Midwest City, Oklahoma 73130
405-739-1648 Ext. 3021

CARL ALBERT INVITATIONAL INVOICE

SCHOOL _____

ACTIVITY _____ CA Track Meet _____

ACTIVITY DATE _____ 4/1/2025 _____

ENTRY FEE: Varsity: \$50 per division (\$200 for all divisions)

AMOUNT DUE _____

PLEASE MAKE CHECKS PAYABLE TO:

CARL ALBERT TRACK
2009 S. POST ROAD
MWC, OK 73130