

Welcome to the 53rd Annual Titan Invitational

You are invited to attend the Carl Albert Invitational track meet on Friday April 11th. **Entries will be limited to 15 teams so make contact as soon as possible to get your spot confirmed and reserved.** Contact Bill Case wcase@mid-del.net or Cameron Couch ccouch@mid-del.net to receive your "Invitation Code".

This will be a *Seeded Entries Meet*.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Thursday, April 10th @ 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.

We are looking forward to a great meet and appreciate you all coming. Please see the following pages for your convenience before attending.

The Enduro Entry code will be sent out once confirmed

Here are a few things we would like to cover before Friday.

- This is a seeded meet. **Please have your entries into Enduro by Thursday 1:00 PM**
- We are running A teams only this year.
- We will heat at the start line. There will be no heating benches.
- Heat sheets will be posted on a table at the south end zone for athletes to view
- Only coaches and athletes warming up are allowed on the field. No team camps on the field.
- Coaches Hospitality Room will be under the home side bleachers
- Gate entry will be \$10. However, \$7. If using the online QR Code attached
- Entry fee: \$200 for each school (\$100 varsity boys / \$100 varsity girls)

COACHES MEETING 9:30

RUNNING EVENTS BEGIN AT 10:30 A.M.

4x100 Meter Relay.....Girls/Boys
4x800 Meter Relay..... Girls/Boys
100/110 Meter HurdlesGirls/Boys
3200 Meter Run.....Girls/Boys
4x200 Meter Relay..... Girls/Boys
800 Meter Run.....Girls/Boys
100 Meter Dash.....Girls/Boys
400 Meter Dash.....Girls/Boys
300 Meter HurdlesGirls/Boys
200 Meter Dash.....Girls/Boys
1600 Meter Run.....Girls/Boys
4x400 Meter Relay.....Girls/Boys

FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls 25' /Boys 35'
Discus: Boys100'/ Girls 80'
High Jump: Boys 5'4"/Girls 4'4"
Pole Vault: Girls 6'6"/ Boys 7'6"
Long Jump: Girls 14'/ Boys 18'



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 _____ 4/11/2025 _____

ENTRY FEE: Varsity: \$100 per team (\$200 for both boys & girls)

AMOUNT DUE _____

PLEASE MAKE CHECKS PAYABLE TO:

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



GET YOUR
TICKETS
ONLINE

SCAN QR CODE

**TO PURCHASE
TICKETS NOW**



OR DOWNLOAD THE

HOMETOWN FAN APP



HomeTownTix

Powered by  **HOMETOWN**



Mid-Del Athletic Outdoor Prohibited Items

NO FIREARMS, WEAPONS, OR EXPLOSIVES ALLOWED ON MID-DEL SCHOOL CAMPUSES.

Oklahoma prohibits possession of a firearm on any public or private school property.

PROHIBITED ITEMS:

- Explosives, firearms, or weapons
- Alcohol (in all forms)
- Bags, backpacks, fanny packs & hard binocular cases (ONLY clear tote bags allowable)
- Beach balls, footballs, balls, or other sporting equipment
- Coolers, containers, or ice chests
- Laser pointers
- Pets (with the exception of registered service animals)

***Subject to change. Any item left at the gate will be disposed.**