

Duncan Middle School Track Meet

Duncan High School invites you to the Duncan Middle School Track Meet to be held on Monday April 1st, 2025

1. There will be a 7th and 8th grade division for both boys and girls.
2. This meet is OSSAA sanctioned.
3. Medals will be awarded to top five finishers in all individual events and top three in relays.
4. **No team trophies**
5. All running events will be timed finals.
6. All heating will be done on the football field.
7. Each school is limited to three athletes per event and each athlete is limited to 4 events.
8. There will be a hospitality room for coaches.

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the [Events page](#)
- In the search bar, enter **Duncan Middle School Meet**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

ENTRIES DUE MONDAY MARCH 31 BY 12:00pm

NO LATE ENTRIES Schools who have not entered on-line will not be added at the meet.

If you have questions about your meet registration, please contact: Todd Ledford
580-467-2741 or todd.ledford@duncanps.org

Please email or call Todd Ledford 580-467-2741- todd.ledford@duncanps.org or Tim Buben 580-470-5042 – tim.buben@duncanps.org if you plan on attending!!

The entry fee for the meet is **\$90.00** per division and \$15 per individual. Please make checks payable to **Duncan High School Track and Field.** 1325 N 19th St Duncan, OK 73534

7th Girls_____ 7th Boys_____ 8th Girls_____ 8th Boys_____

School:_____ Coach:_____

Contact Number:_____



Duncan Middle School Track Meet

Order of events

Coaches meeting 9:30

Field Events - 10:00am

Shot Put	7G, 7B, 8B, 8G
Discus	8B, 8G, 7G, 7B
Pole Vault	7G & 8G, 7B & 8B
Long Jump	8B, 8G, 7B, 7G
High jump	7G, 7B, 8B, 8G

Running Events – 10:00am (timed finals)

4x100 Relay	7G, 7B, 8G, 8B
4x800 Relay	7G, 7B, 8G, 8B
100m Hurdles	7G, 8G
110m Hurdles	7B, 8B
3200 Run	7G, 7B
4x200 Relay	7G, 7B, 8G, 8B
800m Run	7G, 7B, 8G, 8B
100m Dash	7G, 7B, 8G, 8B
3200 Run	8G, 8B
400m Dash	7G, 7B, 8G, 8B
300m Hurdles	7G, 7B, 8G, 8B
200m Dash	7G, 7B, 8G, 8B
1600m Run	7G, 7B, 8G, 8B
4x400m relay	7G, 7B, 8G, 8B