



2nd Annual Unleash The Bear Track & Field Invitational



*John Marshall Enterprise Middle School invites your school to participate in our
2nd Annual Unleash The Bear Track and Field Invitational &
ACAC Championships*

This event will be held on Saturday, April 26th

The track is at Douglass High School *900 N Martin Luther King Ave, Oklahoma City, OK 73117

Coaches Meeting: 9:00am

Field Event Start: 9:30am

Running Event Start: 10:00am

ATTENTION COACHES: On-line Entry DEADLINE is: **Thursday, April 24th @7pm**. No late entries accepted. Schools planning to attend must submit their entries on Athletic.net. If you have problems, contact Cara at: cara@runenduro.com. THIS WILL BE A SEEDED MEET so start the process early.

*****The field will be limited to the first 20 schools that contact the meet directors.*****

DIVISIONS: 2 Divisions- Girls/Boys

LIMITATIONS: Event Entries will be limited to three individuals/one relay team per school. Athletes are limited to four events total. Since we have switched to only 2 divisions- Girl/Boy Junior High, we will allow 3 additional entries and 1 additional relay per event. **THIS does not apply to any OKCPS ACAC schools.**

FIELD EVENTS: Each athlete will be given four throws/jumps

HEATING: The heating benches will be located on the infield unless otherwise stated.

AWARDS: Medals to top three individuals and relays in each division. Coaches may pick up awards at the conclusion of the meet in the press box.

PLAQUES: Plaques will be awarded to the 1st and 2nd place team overall

RESULTS: Live results will be available

HOSPITALITY: Lunch will be provided for coaches in a designated area

CONCESSIONS: There will be a full concession available/Kona Ice

SPECTATORS: \$5.00

Please make checks payable to:
John Marshall Middle School Athletics
Mail to:
2401 NW 115h Terrace,
Oklahoma City, OK 73120

IN CASE OF INCLEMENT WEATHER

Keitha Wyatt 405-570-0639 (kdwyatt@okcps.org)/Andre Caldwell 405-229-6601 (atcaldwell@okcps.org)

2nd Annual Unleash The Bear Track & Field Invitational &



ACAC CHAMPIONSHIPS

SCHEDULE OF EVENTS

Field Events at 9:30 a.m.

Long jump – G/B

High jump – B/G

Shot – G/B

Discus – B/G

Running events at 10:00 a.m.

4x100m relay – G/B

4x800m relay – G/B

100m hurdles – G/B

110m hurdles- G/B

4x200m relay- G/B

800m run- G/B

100m dash– G/B

50m dash- Future Track Stars

400m G/B

300m hurdles – G/B

4x100m Throwers Relay

200m dash – G/B

1600m run – G/B

4x400m relay – G/B

ROLLING SCHEDULE

(TIMED FINALS)

(*50m dash- Future Track Stars (5yrs and under

(*4x100m throwers relay- not a scored event)

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