



**MARLOW HIGH SCHOOL
TRACK INVITATIONAL**
7th grade Boys/Girls Division
JH Boys/Girls Division
(4 Divisions Total)

On behalf of Marlow Public Schools, we would like to extend an invitation to attend our 7th/JH track meet on Friday March 7, 2025.

ON-LINE ENTRIES- Coaches must submit all entries on the **Athletic.net** website: www.athletic.net — NO ADDITIONAL ENTRIES AFTER THE DEADLINE. —ONLINE ENTRIES DEADLINE: Thursday March 6, 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.

MEET TIMING & RESULTS- Timing for the meet is provided by 12:1 Running TimingServices.

Live results are available at www.twelve1running.com and www.athletic.net.

Check preview window prior to leaving for the meet for messages/competition numbers

There is a 12-team limit

Must verify if you are planning to attend. please e-mail

bwortham@marlow.k12.ok.us – or call 580-401-0453

troe@marlow.k12.ok.us or call 580-235-9885

mivory@marlow.k12.ok.us or call 580-641-0084

Inclement Weather: call numbers above or check the preview window

Points: 10,8,6,4,2,1 with relays double points

Equipment: We have 7-lane All-Weather Track and please use only short spikes (1/4”) or flat shoes on this surface. Starting Blocks will be furnished.

Limitations: Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay. (unless B team paid)

Awards: 1st-5th Place Medals (1st-3rd Relays)

Concession: Available at south end of the track. (Coaches will be provided a ticket to eat)

**Entry Fee: \$80 per division -\$40.00 B team
\$15.00 per individual if less than 5 team members.
Make checks payable to **Marlow High School Athletics *Track*****

Mailing Address:

Marlow High School
P.O Box 73
Marlow Ok 73055
Att. Bobby Wortham



Schedule of Events

9:00 Coaches Meeting

9:30 Field Events:

High Jump	JH Boys- 7th Boys- JH Girls- 7th Girls
Long Jump	JH Girls- 7th Girls - JH Boys-7th Boys (3-3 with 8 to Finals)
Shot Put	7th Boys- JH Boys-JH Girls- 7th Girls (3-3 with 8 to Finals)
Discus	7th Girls- JH Girls-JH Boys-7th Boys (3-3 with 8 to Finals)
Pole Vault	7 th /JH Girls (Same Time)-7th/JH Boys (Same Time)

10:00 Running Events:

400 Meter Relay	7th Girls-7th Boys JH Girls-JH Boys
3200 Meter Relay	7th Girls-7th Boys-JH Girls-JH Boys
100 Meter Hurdles	7th Girls (30")- JH Girls (30")
110 Meter Hurdles	7th Boys (30")- JH Boys (33")
3200 Meter Run	JH Girls- JH Boys
800 Meter Relay	7th Girls-7th Boys-JH Girls-JH Boys
800 Meter Run	7th Girls-7th Boys-JH Girls-JH Boys
100 Meter Dash	7th Girls-7th Boys-JH Girls-JH Boys
15 Minute Break	
400 Meter Dash	7th Girls-7th Boys-JH Girls-JH Boys
300 Meter Hurdles	7th Girls-7th Boys-JH Girls-JH Boys (30")
200 Meter Dash	7th Girls-7th Boys-JH Girls-JH Boys
1600 Meter Run	7th Girls-7th Boys-JH Girls-JH Boys
1600 Meter Relay	7th Girls-7th Boys-JH Girls-JH Boys