



**MARLOW HIGH SCHOOL
TRACK INVITATIONAL
(4A and Below)
HS Boys/ HS Girls**

On behalf of Marlow Public Schools, we would like to extend an invitation to attend our High School Boys and Girls track meet on Saturday April 12, 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: Friday April 11, 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 Timing Services. **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
4A Teams and Below**

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) (Online live results)

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

**Entry Fee: \$100.00 per division-\$50.00 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	HS Boys – HS Girls (3-3 with 8 to the Finals)
Long Jump	HS Girls – HS Boys (3-3 with 8 to the Finals)
Shot Put	HS Boys – HS Girls (3-3 with 8 to the Finals)
Discus	HS Girls – HS Boys (3-3 with 8 to the Finals)
Pole Vault	HS Girls– HS Boys

10:00 Running Events:

400 Meter Relay	Girls – Boys
3200 Meter Relay	Girls – Boys
100 Meter Hurdles	Girls
110 Meter Hurdles	Boys
3200 Meter Run	Girls – Boys
800 Meter Relay	Girls – Boys
800 Meter Run	Girls – Boys
100 Meter Dash	Girls – Boys
20 Min Break	20 Min Break
400 Meter Dash	Girls – Boys
300 Meter Hurdles	Girls – Boys
200 Meter Dash	Girls – Boys
1600 Meter Run	Girls – Boys
1600 Meter Relay	Girls – Boys