



## Midwest City Invitational Track Meet Invitation

We are excited to invite you and your team to the **Midwest City Invitational Track Meet** on **Saturday, March 29th, 2025**. This is a great opportunity for your athletes to compete and showcase their skills in a well-organized and competitive event. *Spots are limited to only 7 schools, so please reach out as soon as possible to secure your team's participation.*

### Event Details:

- **Date:** Saturday, March 1st, 2025
- **Location:** Rose Field, 701 East Lockheed Ave. Midwest City, OK 73130
- **Coaches Meeting:** 8:30 a.m.
- **Field Events:** 9:00 a.m.
- **Running Events:** 9:30 a.m. (B Teams allowed)

### Parking:

Bus parking will be located south of the football field.

### Entry Fees:

- \$100 per High School Team
- \$200 for both Boys & Girls teams
- \$75 per Freshman Team
- \$150 for both Boys & Girls Freshman teams
- \$10 per individual if you have 5 or fewer team members

### Send Entry Fees To:

Midwest City High School  
Attention: Track Meet  
213 Elm Street  
Midwest City, OK 73110

### Awards:

Medals will be given to the top the athletes in each individual and relay race. Awards may be picked up on the football field following the 1600 Meter Relay.

### Field Events:

Each competitor will have three (3) preliminary attempts. The top 8 will qualify for the finals, where they will receive three (3) additional attempts.

### Admission:

Admission will be charged for spectators:

- \$5 for Adults
- \$5 for Students

### Hospitality Room:

A hospitality room will be available for coaches in the Field house. Breakfast and lunch will be provided.

### Concession:

The concession stand will be open for refreshments.

### Contact:

In case of bad weather or other updates prior to the meet, please contact **Tim Thomas** at 405-219-0458 or check the Enduroussa website at [www.eduroussa.com](http://www.eduroussa.com).

### Important Deadlines:

- Schools planning to attend must submit their entries via **Athletic.Net** (Seeded Entries meets).
- The entry deadline for this meet is **March, 28th, 2025, at 5:00 p.m.**

We hope you can join us for what promises to be an exciting and well-run event. *Spots are limited to only 7 schools, so please reach out as soon as possible to secure your team's participation.*



## **Midwest City Varsity /9th**

### **Invitational Track and Field Meet**

8:30 am Coaches Meeting (In Hospitality)  
9:00 am Field Events  
9:30 am Running events and timed finals

#### **Field Events** - 9:00 am

High Jump	9-Girls –Boys	V-Girls-Boys
Long Jump	V-Boys – Girls	V-Girls-Boys
Discus	9-Girls-Boys	V-Girls-Boys
Shot	9-Boys-Girls	V-Girls-Boys
Pole Vault	9-Girls-Boys	V-Girls-Boys

#### **Running Events** – 9:30 am

4 x 100 Relay	V-Girls/Boys	9-Girls-Boys
4 x 800 Relay	V-Girls/Boys	9-Girls-Boys
100 Hurdles	V-Girls/9 Girls (33)	
110 Hurdles	V-Boys-/9 Boys (39)	
3200 Run	V-Girls/Boys	9 Girls/Boys
4 x 200 Relay	V-Girls/Boys	9-Girls/Boys
800 Dash	V-Girls/Boys	9-Girls/Boys
100 Dash	V-Girls/Boys	9-Girls/Boys
400 Dash	V-Girls/Boys	9-Girls/Boys
300 Hurdles	V-Girls/9Girls (30)	
300 Hurdles	V-Boys/9 Boys ( )	
200 Dash	V-Girls/Boys	9-Girls/Boys
1600 Run	V-Girls/Boys	9-Girls/Boys
4 x 400 Relay	V-Girls/Boys	9-Girls/Boys