

# **Suburban Conference High School Track Meet**

**Friday –April 25, 2025**

**Carl Albert High school**

**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 April 24<sup>th</sup> 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](mailto: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](http://www.twelve1running.com) and [www.athletic.net](http://www.athletic.net).**

**Meet entries must be completed by 12:00pm Thursday April 24<sup>th</sup>.**

**LOCATION:** The Track is located behind the Carl Albert Middle School next to the high school football stadium. The MS address is 2515 S. Post Rd. Midwest City, Ok. Restrooms and concession stands will be available.

## **Contact Information:**

Bill Case [wcase@mid-del.net](mailto:wcase@mid-del.net)

Cameron Couch [ccouch@mid-del.net](mailto:ccouch@mid-del.net)

Coaches Meeting 9:30

Events will be assigned at the coaches meeting. If you prefer to work a specific event, Please contact Coach Case or Coach Couch to get the event reserved.

FIELD EVENTS BEGIN AT 10:00 A.M.

Shot Put: Girls, Boys.....

Discus: Boys, Girls.....

Pole Vault: Girls, Boys ...

Long Jump: Girls, Boys.....

High Jump: Boys, Girls.....

RUNNING EVENTS BEGIN AT 10:30 AM.

400 Meter Relay.....Fresh G/B.....Girls/Boys

3200 Meter Relay.....Fresh G/B.....Girls/Boys

100 Meter Hurdles (33")...../Fresh/Girls

110 Meter Hurdles (39").....Fresh/Boys

3200 Meter Run.....Fresh G/B.....Girls/Boys

800 Meter Relay.....Fresh G/B.....Girls/Boys

800 Meter Run.....Fresh G/B.....Girls/Boys

100 Meter Dash.....Fresh G/B.....Girls/Boys

400 Meter Dash.....Fresh G/B.....Girls/Boys

300 Meter Hurdles (30").....Fresh G/B.....Girls/Boys

200 Meter Dash.....Fresh G/B.....Girls/Boys

1600 Meter Run.....Fresh G/B.....Girls/Boys

1600 Meter Relay.....Fresh G/B.....Girls/Boys