



**Alex ELEM & JH Invitational
March 12, 2026
ELEM, JH Divisions**

**Coaches meeting: 9:30 am
Field Events: 10:00 am
Running Events: 10:15 am**

Track coaches: This invitational is for Elementary (5-6) and Junior High (7-9) teams.

Entry fees: \$90 per Division
\$15 per individual (if less than 4 members on a team)
Make checks payable to Alex Public Schools

Awards: Medals to the top 3 in each event.

4 Divisions: ELM Girls, ELM Boys, JH Girls, JH Boys

Timed Finals: All events

Track: 8 lane all weather surface. Short spikes only.

Parking: Buses park on east side of football field.

Facilities: Concession provided. Hospitality for coaches. No dressing rooms

Entries: **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:** **MARCH 11, 2026** 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.

Send checks to: Alex Public Schools
P.O. Box 188
Alex, OK 73002

Email: jotey@alex.k12.ok.us
Email: kdeaton@alex.k12.ok.us

Cell (405) 351-0810
Cell: (580) 421-4747



Schedule of events

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|-----------------|---|--|
| 9:30 am | Coaches meeting | |
| 10:00 am | Field events High jump Long jump Shot put Discus Pole vault | 3 throws, 3 jumps, no finals ELM Girls, ELM Boys, JH Girls 3'6, JH Boys 4'2 JH Girls 10', JH Boys 13', ELM Girls, ELM Boys ELM Boys, ELM Girls, JH Boys 25', JH Girls 20' JH Boys 70', JH Girls 50', ELM boys, ELM Girls JH Boys, JH Girls |
| 10:15 am | Running Events Order: ELM Girls, ELM Boys, JH Girls, JH Boys 400 Meter Relay 3200 Meter Relay 100 Meter Hurdles 110 Meter Hurdles 800 Meter Relay 800 Meter Run 100 Meter Dash 400 Meter Run 300 Meter Hurdles 200 Meter Dash 1600 Meter Run 1600 Meter Relay | JH Girls, JH Boys ELM Girls, ELM Boys, JH Girls JH Boys JH Girls, JH Boys |

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY