



**Alex HS Invitational
Friday, April 9, 2026
HS Division**

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

Track coaches: On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex HS Invitational on Thursday, April 9th, 2026 starting at 9:30 am. This invitational is for High School teams, 3A and below only.

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.

2 Divisions: HS Girls, HS 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: APRIL 8, 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

9:00 am Coaches meeting

9:30 am	Field events	3 throws, 3 jumps, no finals
	High jump	HS Girls 4', HS Boys 5'2
	Long jump	HS Girls 13', HS Boys 16'
	Shot put	HS Boys 30', HS Girls 25'
	Discus	HS Boys 90', HS Girls 70'
	Pole vault	HS Boys, HS Girls

10:00 am **Running Events**
Order: HS Girls, HS Boys
400 Meter Relay
3200 Meter Relay
100 Meter Hurdles
110 Meter Hurdles
3200 Meter Run
800 Meter Relay
800 Meter Run
100 Meter Dash
400 Meter Run
300 Meter Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY