



Ardmore Middle School

Invitational Track Meet

Thursday April 16th, 2026



If you plan to attend, Please send a confirmation email to
Destinee Allen at dallen@ardmoreschools.org

****Seeded Entries - Heating will be done online****

Divisions: 7th Grade and JH (8th/9th Grade) Girls and Boys

ATTENTION COACHES: On-line Entry DEADLINE **Wednesday, April 15th @ 12pm (Wednesday).**
(((The meet will be CLOSED at 12PM!))) No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the Steps on the "ENTRIES Window". Entries must be verified. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. If you need assistance with your ENDURO USA™ account, email Cara Branson at: cara@runenduro.com - - - Please log into your ENDURO USA™ account at: www.endurousa.com

Coaches Meeting: 8:30 a.m. in the field house.

Start Time: Field Events: 9:00 a.m. - - - Running Events: 10:00 a.m.

Awards: Medals for first three (3) places in each individual event, and first three (3) places in relay events. Team Champion in each division will receive a plaque.

Field Events: : Each competitor will have to achieve a qualifying mark in the throws and long jump with marks to be determined at the coaches meeting. Then they will Pole Vault and High jump starting heights will also be determined at the coaches meeting.

Concession/Admission: The concession stand will be open.

Admission will be charged for spectators : \$5 for adults, \$3 for students, (Seniors/Military/First Responder are FREE with ID). Restrooms are available.

Hospitality Room: There will be a hospitality room for coaches in the fieldhouse. **Parking:** Bus parking will be on the East side of the stadium. We are out of school.

Team Camps: No team camps/tents inside the fence surrounding the track.

Infield: Coaches ONLY on the infield. Spectators need to be seated in bleachers, ONLY

Entry Fee: \$60 per Division, or \$200 for all four divisions, \$10 individual (6 or fewer athletes)

Make Checks payable to Ardmore High School Track
PO Box 1709 Ardmore, OK 73402

Please contact us with any questions:

Destinee Allen - Head High School Girls Coach

580 - 319 - 2585 (cell)

580-226-7680 Ext. 2122

Dallen@ardmoreschools.org

JyWayne Allen - Head Boys Coach

580 - 630 - 4849 (cell)

580-226-2475 ext. 3202

Jallen@ardmoreschools.org

Thursday April 16th, 2026

Order of Events

Field Events 9:00AM

High Jump - 7th Boys, JH Boys, JH Girls, 7th Girls

Long Jump - JH Girls, 7th Girls, 7th Boys, JH Boys

Shot Put - JH Boys, 7th Boys, 7th Girls, JH Girls

Discus - 7th Girls, JH Girls, JH Boys, 7th Boys

Pole Vault - Boys/Girls (combined grades, awards will be split)

Running Events 10:00

400 Relay - 7th Girls , JH Girls, 7th Boys, JH Boys

3200m Relay - 7th Girls , JH Girls, 7th Boys, JH Boys

100m Hurdles - 7th Girls , JH Girls

110m Hurdles - 7th Boys, JH Boys

3200m Run Girls (combined divisions, awards will be split)

3200m Run Boys (combined divisions, awards will be split)

800m Relay - 7th Girls , JH Girls, 7th Boys, JH Boys

<Proposed 30 minute lunch break>

800m Run - 7th Girls , JH Girls, 7th Boys, JH Boys

100m Dash - 7th Girls , JH Girls, 7th Boys, JH Boys

400m Dash - 7th Girls , JH Girls, 7th Boys, JH Boys

300m Hurdles - 7th Girls , JH Girls, 7th Boys, JH Boys

200m Dash - 7th Girls , JH Girls, 7th Boys, JH Boys

Throwers Relay

1600m Run - 7th Girls , JH Girls, 7th Boys, JH Boys

1600m Relay - 7th Girls , JH Girls, 7th Boys, JH Boys

*A throwers relay will be held prior to the 1600 M. Relay so that we can make sure that all of our throwers are done with field events. Each team must have at least ONE (1) female.