



# Ardmore High School



Invitational Track Meet

Friday April 24th, 2026

**Timed Finals-OSSAA RULES APPLY**

**Please send a confirmation email to Destinee Allen at [dallen@ardmoreschools.org](mailto:dallen@ardmoreschools.org) if planning to attend.**

**DIVISIONS:** Varsity Girls & Varsity Boys divisions. We will be following the standard order of events format and will allow more than three competitors per event.

**ATTENTION COACHES:** The On-line Entry DEADLINE is: **Thursday, April 23<sup>rd</sup> @ 1pm.**

Schools planning to attend our meet must submit their entries on the athletic.net website. (This is a "Seeded Entries" meet.) NO LATE ENTRIES If you have questions, please message Cara through her email at: [cara@runenduro.com](mailto:cara@runenduro.com).

**Coaches Meeting:** 9:00 a.m. in the field house.

**Start Time:** Field Events: 9:30 a.m. – – – Running Events: 10:30 a.m.

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

**Field Events:** Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts

**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.

**Entry Fee:** \$100 per Division, or \$180 for both teams, \$15 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 Girls Coach  
580 – 319 – 2585 (cell)  
580-226-7680 Ext. 2122  
[Dallen@ardmoreschools.org](mailto:Dallen@ardmoreschools.org)

JyWayne Allen – Head Boys Coach  
580 – 630 – 4849 (cell)  
580-226-2475 ext. 3202  
[Jallen@ardmoreschools.org](mailto:Jallen@ardmoreschools.org)

Friday April 24th, 2026  
Order of Events

**Field Events 9:30**

**9:30**

Girls High Jump  
Boys Long Jump  
Boys Shot Put  
Girls Discus  
Boys Pole Vault

**11:00**

Boys High Jump  
Girls Long Jump  
Girls Shot Put  
Boys Discus  
Girls Pole Vault

**Running Events 10:30 (All running events are Girls/Boys)**

4 X 100 Relay  
4 X 800 Relay  
100 Hurdles (Girls 33")  
110 Hurdles (Boys 39")  
3200 Run  
4 X 200 Relay

**\*30 Minute Lunch Break\***

800 Dash  
100 Dash  
400 Dash  
300 Hurdles (Girls 30")  
300 Hurdles (Boys 36")  
200 Dash  
**\*Throwers Relay\***  
1600 Run  
4 X 400 Relay

**\*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.**

**\* We will be honoring our senior athletes during the lunch break.**