



**MARLOW HIGH SCHOOL  
TRACK INVITATIONAL  
(4A and Below)  
HS Boys/ HS Girls**

On behalf of Marlow Public Schools, we would like to extend an invitation to attend our High School Boys and Girls track meet on Saturday April 11, 2025.

**ON-LINE ENTRIES-** Coaches must submit all entries on the **Athletic.net** website: [www.athletic.net](http://www.athletic.net) — NO ADDITIONAL ENTRIES AFTER THE DEADLINE. —ONLINE ENTRIES DEADLINE: Friday April 10, 2025 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 TimingServices. Live results are available at [www.twelve1running.com](http://www.twelve1running.com) and [www.athletic.net](http://www.athletic.net).

\*Check preview window prior to leaving for the meet for messages/competition numbers\*

**There is a 12-team limit**

**4A Teams and Below**

**Must verify if you are planning to attend. please e-mail**  
[bwortham@marlow.k12.ok.us](mailto:bwortham@marlow.k12.ok.us) — **or call** **580-401-0453**  
[troe@marlow.k12.ok.us](mailto:troe@marlow.k12.ok.us) **or call** **580-235-9885**  
[mivory@marlow.k12.ok.us](mailto:mivory@marlow.k12.ok.us) **or call** **580-641-0084**

**Inclement Weather: call numbers above or check the preview window**

**Points: 10,8,6,4,2,1 with relays double points**

**Equipment: We have 7-lane All-Weather Track and please use only short spikes (1/4") or flat shoes on this surface. Starting Blocks will be furnished.**

**Limitations: Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay. (unless B team paid)**

**Awards: 1st-5th Place Medals (1st-3rd Relays) (Online live results)**

**Concession: Available at south end of the track. (Coaches will be provided a ticket to eat)**

**Entry Fee: \$100.00 per division-\$50.00 B team  
\$15.00 per individual if less than 5 team members.  
Make checks payable to Marlow High School Athletics \*Track\***

**Mailing Address:**

Marlow High School  
P.O Box 73  
Marlow Ok 73055  
Att. Bobby Wortham



## Schedule of Events

**9:00 Coaches Meeting**

**9:30 Field Events:**

High Jump    HS Boys – HS Girls

Long Jump    HS Girls – HS Boys (3-3 with 8 to the Finals)

Shot Put    HS Boys – HS Girls (3-3 with 8 to the Finals)

Discus    HS Girls – HS Boys (3-3 with 8 to the Finals)

Pole Vault    HS Girls – HS Boys

**10:00 Running Events:**

400 Meter Relay	Girls – Boys
3200 Meter Relay	Girls – Boys
100 Meter Hurdles	Girls
110 Meter Hurdles	Boys
3200 Meter Run	Girls – Boys
800 Meter Relay	Girls – Boys
800 Meter Run	Girls – Boys
100 Meter Dash	Girls – Boys
<b>20 Min Break</b>	<b>20 Min Break</b>
400 Meter Dash	Girls – Boys
300 Meter Hurdles	Girls – Boys
200 Meter Dash	Girls – Boys
1600 Meter Run	Girls – Boys
1600 Meter Relay	Girls – Boys