

Midwest City High School Varsity Invitation
Saturday, March 7th , 2026
Midwest City High School
Rose Field



Rose Field 701 East Lockheed Ave,
Midwest City, Ok 73110
Meet Director-Timothy Thomas
MCHS
Meet Official/Starter- Jon Leitka



Coaches meeting 8:30 a.m.
Running Events 9:00 a.m.
Field Events 9:15 a.m.
ALL TIMED FINALS.

ONLINE ENTRY PROCESS : Schools planning to attend this meet must submit their entries on the **Ok.milesplit.com** This is a " Seeded Entries " meet. Remember to add seed times and marks for all attending athletes on the "Entries Window". If you enter a seed time or mark that is not honest, the athlete may be seeded with a NT / NM and may lose his/her preferred lane assignment at the sole discretion of meet management. The entry deadline is Friday March 6th by 5:00pm. NO LATE ENTRIES *** Schools who have not entered online will NOT be added at the meet. (No exceptions.) If you have any questions about your account email please be sure to visit the " Meet Preview " window for our meet on the BEFORE departing for our meet in case there are any last minute changes. We will post any last minute information concerning the meet on that window. IF you plan on attending, You must do the following: You must notify Tim Thomas that you plan to attend. (tthomas@mid-del.net) This is a "Invitation Meet" Once I receive the **INVITATION CODE** I will send it out. Spots are limited to only 8 schools, so please reach out as soon as possible to secure your. Team's participation

Entry fee: \$100 for each Schools Varsity Team (\$100 Boys / \$100 Girls) No Refunds.
\$10 per individual if you have 5 or fewer teams.
Send Entry Fee to:
Midwest City High School
Attention: Candis Ross
213 Elm Street
Midwest City, OK 73110

Divisions: Varsity

*Athletes may compete in ONLY Three events + Relays
There will be **NO** team champion declared in the VARSIT
(B & C Teams Allowed)

Awards:

Medals will be given to the top the athletes in each individual and relay race. Awards may be picked up on the football field following the 1600 Meter Relay.

Concession: The concession stand will be open for refreshments.

Team Camps: Camp on outer perimeter of the Track and under the Stands, No CAMPING in Stands

Meet Director - Timothy Thomas, MCHS Head Coach.
NO dressing facilities @ the track/Restrooms are provided.

ADMISSION: Admission is \$7.00 per person At the Gate Person.

Field Events:

Each competitor will have three (3) attempts. attempts. The top 8 will qualify for the finals, where they will receive three (3) additional attempts.

Hospitality Room:

A hospitality room will be available for coaches in the Field house. Breakfast and lunch will be provided.

Parking:

Bus parking will be located south of the football field.

We hope you can join us for what promises to be an exciting and well-run event. Spots are limited to only 8 schools, so please reach out as soon as possible to secure your team's participation.

***Coaches meeting 8:30a.m.

***Running Events 9:00 a.m.

***Field Events 9:15 a.m

***ALL TIMED FINALS/F.A.T

***Go to Ok.milesplit.com to enter your athletes by Friday 4/6/26

Order of Events:

8:30 am Coaches Meeting (In The Hospitality Room)

9:15 am Field Events

9:00 am Running events and timed finals

Field Events - 9:15 am

High Jump Girls – Boys

Long Jump Boys – Girls

Discus Girls – Boys

Shot Boys – Girls

Pole Vault Boys – Girls

Running Events – 9:00 am

4 x 100 Relay Girls – Boys

4 x 800 Relay Girls – Boys

100 Hurdles Girls

110 Hurdles Boys

3200 Run Girls – Boys

4 x 200 Relay Girls – Boys

800 Dash Girls – Boys

100 Dash Girls – Boys

400 Dash Girls – Boys

300 Hurdles Girls

300 Hurdles Boys

200 Dash Girls – Boys

1600 Run Girls – Boys

4 x 400 Relay Girls – Boys



TRACK AND FIELD

Track meet INVOICE

SCHOOL: _____

ACTIVITY: _____

ACTIVITY DATE : _____

ENTRY FEE: VARSITY: per team (\$100 for both boys & girls) \$10 per individual if you have one or fewer teams.

AMOUNT DUE _____

**PLEASE MAKE CHECKS PAYABLE TO:
MIDWEST CITY HIGH SCHOOL TRACK AND FIELD**