SITE:
Mosier Indoor Track and Field Stadium at the University of Oklahoma just east of the Gaylord Family Oklahoma Memorial Stadium

TIMES:
Coaches meeting at 9:00 am with competition beginning at 9:30 am

ENTRY DEADLINE:
Competition will be limited to the first 600 athletes entered, no exceptions. All entries will be handled thru trackroster.com by Tuesday, January 28, 2014.

ENTRY RESTRICTION:
This meet is open to enrolled High School Athletes only (9 -12 Grades). Meet management reserve the right to bar any athlete, club, team, organization, school, or institution from participating for any reason. Due to space limitations, This meet will limit entries to the first 600 athletes.

ENTRY FEE:
1. $ 300.00 per gender per team (team consist of 12 athletes or more per gender)
2. $ 20.00 per individual with team of less than 12
3. All entries will be paid at meet check in, prior to competition
4. Make Checks payable to: Edmond Memorial High School
5. Late entries will not be accepted

ENTRY PROCEDURE:
Please see the attached document with entry procedures.

PACKET PICK-UP:
Packet pick-up will be available in glass foyer at entrance.

SPIKES:
Athletes will not run if you do not comply with this rule. The only spike pin allowed for the Mosier Facility is the ¼” pyramid spike. Spike can be purchased from MF Athletics, Item # 463A. The Omni-Lite ¼” spike is not allowed, as well as, the needle and Christmas tree spike. This rule will be strictly enforced and all shoes will be checked at heating area prior to getting on track (per the University of Oklahoma.)
PARTICIPANT/SPECTATOR ENTRY:
- All athletes, coaches, and spectators will enter through the Northwest doors of the Mosier Facility.
- Athletes and coaches may sit on the infield or outside, if weather permitting.
- Please allow spectators to sit on portable bleachers and keep teams in designated areas.
- Please do not allow athletes to sit along outside walls around the track.

TIMING:
The meet will be timed using F.A.T.

COMPETITION & WARM-UP:
- Each team is limited to three entrants in each event and one relay.
- Athletes may only compete in four events.
- No warming up will be allowed on the track once the competition begins. If weather permitting, athletes may use the John Jacobs track for warming up.
- Running events: Report to heating area on the Southwest corner of the facility when your event is called.
- Field Events: Athletes will check-in at the event area.
- No blocks in events 200M and up.

RESULTS:
All results will be posted on the south wall of the Mosier Facility and on OHSTTRACK.COM.

EMERGENCY MEDICAL SERVICES:
Will be provided onsite.

PARKING:
Please see included map for team and spectator parking; buses will need to park in the grass parking area just southeast of the Mosier Facility.

AWARDS:
Awards will be presented to top three places in each event.

SURFACE:
Six-lane, 220-yard track with a Mondo surface.

CONCESSION:
Concession stand will be provided.

APPAREL:
Event apparel will be available for purchase at both meets.

ADMISSION:
Adults $ 5.00 - Students/Children $ 3.00 - Senior Citizens $ 3.00.

DIVISIONS:
One division for boys and girls (All Classes).

For questions contact Tim Grantham, Edmond Memorial HS
Tim.Grantham@edmondschools.net
ORDER OF EVENTS

Coaches meeting: 9:00 am
Start Time: 9:30 am

FIELD EVENTS  (Girls followed by Boys)

9:30 a.m. Long Jump   (Girls-Boys)
9:30 a.m. Shot Put   (Girls – Boys)
9:30 a.m. Pole Vault (Boys-Girls)
9:30 a.m. High Jump  (Boys – Girls)

RUNNING EVENTS  (Girls followed by boys)

*Approximate Starting times, will be on rolling schedule*

9:30 a.m. 4X800 Relay
10:10 a.m. 60m Hurdles
10:30 a.m. 4x200 Relay
11:10 a.m. 60 M Dash
11:50 p.m. 1600 Meter Run
12:25 p.m. 400 M Run
1:10 p.m. 800 M Run
2:00 p.m. 200 M Dash
2:40 p.m. 3000 M Run
3:25 p.m. 4X400m Relay
NO Christmas Tree Spike Pins
1/4” Pyramid “Cone Shape” Only
NO Needle Spike Pins
Bus Parking and overflow
The out-of-state schools will need to request (and setup) an account; [www.enduroentries.com](http://www.enduroentries.com)

(TrackRoster)
- on the main login page, click on the "Request School Account" tab (top-left);
- then click on the link under the drop-down menu on the right;
- a pop-up window will open - - - complete the information and click "submit";
  - - - Within 24 hours, they will receive an email with their username and a temporary password.
  
  (After they log into their account they can click on "Update Account" to change the temp password to a permanent password.)

All schools attending must complete Steps #1 - #5 (on TrackRoster) to complete the entry process