

Bishop McGuinness Catholic High School "Irish Invitational"

Saturday, April 27, 2024 (OSSAA Rules apply - including uniforms & sportsmanship)

The Bishop McGuinness Track program would like to invite your school to participate in our High School track meet. The meet will be held at Bishop McGuinness High School, located at 801 NW 50th. This is a "Roster Entries" – "Timed Finals" meet. ***OUR MEET WILL FEATURE F.A.T. (Fully Automatic Timing)***

ATTENTION COACHES: Team entries will be limited to 14 teams. Contact Scott Stevenson at sstevenson@bmchs.org to receive conformation and the "**Invitation Code**" for our meet.

ONLINE ENTRIES: On-line Entry **DEADLINE** for our meet is **Friday, April 26rd @ 5pm** .
(((The meet will be CLOSED at 6pm!))) No late entries accepted.

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a "division" for each student being entered. (This is a "Roster Entries" meet.) The online ENTRY DEADLINE is the day before the meet @ 5:00pm. Log into your account at: www.endurousa.com NO LATE ENTRIES *** Schools who have not entered on-line will not be added at the meet. *** If you have questions about your ENDURO USA account, please message Cara through your ENDURO USA account, or email him at: cara@runenduro.com

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PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. (. . . bad weather info, etc.) You can use the "short cut" to our meet's PREVIEW window by clicking on our meet in the "Student Meets & Events LIST" (on the right side of the window) after you log into your ENDURO USA™ account.

Make checks payable to Bishop McGuinness Catholic High School. You can bring it with you or have it mailed to: Bishop McGuinness Catholic High School, Attention Scott Stevenson, 801 NW 50th Street, Okc, Ok 73118

Entry Fee: \$100.00 for each boys and girls team. **This includes JV Teams**

"B-Team" athletes MUST be designated as "B-Team" on the ENTRIES Window within your ENDURO USA™ account. B teams will not medal, and team points will not be kept for B-Teams.

NOTE: Athletes cannot compete as "A-Team" in some events, and "B-Team" in other events.

Time: 9:30am Coaches Meeting- - - 10:00am Field Events - - - 10:30am Running events

Divisions: There will be two divisions: HS Boys and HS Girls

Limitations: Each contestant is limited to four events including relays. Each school is limited to three entrants in individual events and one relay team in each relay race.

Medals awarded to the top five individual places, and the top three relays teams. Team points will be kept, but no team trophies will be given..

Team Points: Awarded 1st through 6th places (10,8,6,4,2,1) in individual races, and in relays - - - 20,16,12,8,4,2.

Equipment: We will provide all starting blocks. 1/4" or shorter spikes are required.

Scott Stevenson: (405) 255-5723 sstevenson@bmchs.org -or- jhamilton@bmchs.org

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RUNNING EVENTS—10:30am START TIME

4 X 100 RELAY	GIRLS, BOYS
4 X 800 RELAY	GIRLS, BOYS
100 INTER. HURDLES	GIRLS
110 HIGH HURDLES	BOYS
3200 RUN	BOYS
4 X 200 RELAY	GIRLS, BOYS
800 RUN	GIRLS, BOYS
100 DASH	GIRLS, BOYS
3200 RUN	GIRLS
400 DASH	GIRLS, BOYS
300 LOW HURDLES	GIRLS
300 INTER. HURDLES	BOYS
200 DASH	GIRLS, BOYS
1600 RUN	GIRLS, BOYS
4 X 400 RELAY	GIRLS, BOYS

FIELD EVENTS—10:00am START TIME

3 preliminary attempts in Shot, Discus, Long Jump, Top 7 advance to Finals Starting heights for High Jump, Pole Vault will be determined at coaches meeting.

SHOT PUT	BOYS / GIRLS
DISCUS	GIRLS / BOYS
LONG JUMP	BOYS / GIRLS
HIGH JUMP	GIRLS / BOYS
POLE VAULT	GIRLS / BOYS