



Mosier Indoor Facility - University of Oklahoma – Norman, OK

Friday, January 24, 2020

SITE:

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

TIMES:

Competition will begin at **10:00 am**

ENTRY PROCEDURE & DEADLINE:

Entry will take place through **OK.MILESPLIT.COM** Entries will be due at 5:00 pm on Monday, January 20, 2020 (second meet deadline is Monday, February 3, 2020).

ENTRY RESTRICTION:

This meet is open to all **High School Athletes (Grades 9-12)**. Meet management reserve the right to bar any athlete, club, team, organization, school, or institution from participating for any reason.

ENTRY FEE:

1. **\$ 20.00** per individual
2. All entries must be paid **prior to competition**. For your convenience – 2 ways to pay entry fee:
PayPal – **granthamtim1@gmail.com or paypal.me/okindoor**
Check- Payable to Tim Grantham, 7112 Lost Forest Drive, Edmond, OK 73034
C/O - Flytime Performance
3. **School PO's will NOT be accepted**

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 allowed for the Mosier Facility is the **¼” pyramid spike**. 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.**

PARTICIPANT/SPECTATOR ENTRY:

- All athletes, coaches, and spectators will enter through the **Northwest** doors of the Mosier Facility.
- Camps and warm-ups will take place in the **Everest Training Facility**. Might be helpful to bring a tarp to designate your camp area within the Everest Facility.
- Please allow spectators to sit on portable bleachers and keep teams in designated areas

TIMING:

The meet will be timed using F.A.T

COMPETITION & WARM-UP:

- Athletes may compete in unlimited 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 or the Everest Training Facility.
- Running Events: 30 minutes prior to event, report to clerk table, on the Southwest corner of the facility
- Field Events: Athletes will check-in at the event area
- No blocks in events 200M and up

RESULTS:

All results will be posted in the Lobby, as well as, live results at ytiming.net

EMERGENCY MEDICAL SERVICES:

Will be provided onsite

PARKING:

Please see included map for team and spectator parking; buses will need to park at the Lloyd Noble Center and ride the shuttle/catch a ride to the stadium, as it is roughly 1 mile away.

AWARDS:

Awards will be presented to top Three (3) Relays and Top Six (6) Individual placers

SURFACE:

Six-lane on straights and 5 lanes on 200 M and up, 200 Meter track with a Mondo surface

CONCESSION:

Concession stand will be provided

APPAREL:

Event apparel will be available for purchase at both meets for \$ 20.00

ADMISSION:

Adults \$ 5.00 - Students/Children \$ 3.00 - Senior Citizens \$ 3.00

***** This is a non OSSAA event and passes will not be accepted *****

DIVISIONS:

One division for boys and girls (All Classes)

For questions contact Tim Grantham
granthamtim1@gmail.com or (405) 990-5293

OKLAHOMA



HS INVITATIONAL 2020

Friday, January 24, 2020

Start Time: 10:00 am

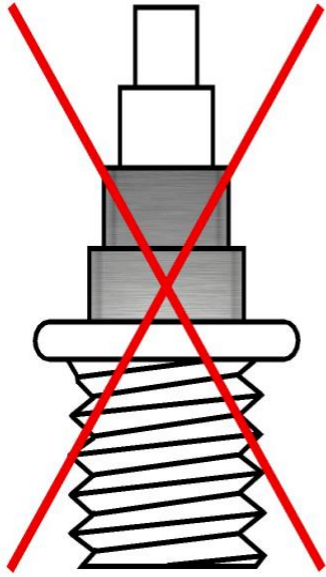
Field Events

10:00 am	Long Jump	Boys
10:00 am	Shot Put	Boys
10:00 am	High Jump	Girls
10:00 am	Pole Vault	Girls
1:00 pm	High Jump	Boys
1:00 pm	Pole Vault	Boys
1:00 pm	Long Jump	Girls
1:00 pm	Shot Put	Girls

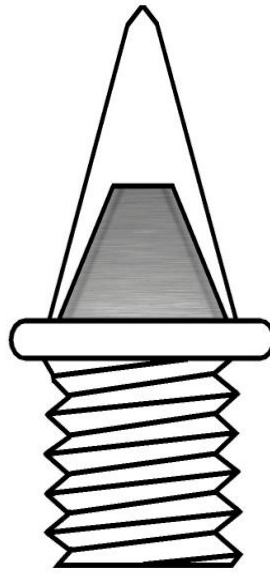
Running Events

10:00 am	4x800 Relay	Girls – Boys
11:05 am	60 M Hurdles - Prelim	Girls – Boys
12:00 pm	60 M Dash - Prelim	Girls – Boys
1:05 pm	Mile	Girls – Boys
2:15 pm	400 M	Girls – Boys
3:35 pm	800 M	Girls – Boys
4:30 pm	60 M Hurdles – Final	Girls – Boys
4:35 pm	60 M Dash – Final	Girls – Boys
4:40 pm	200 M	Girls – Boys
5:25 pm	4x400 Relay	Girls – Boys

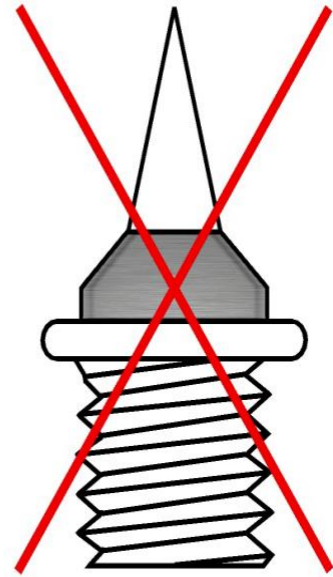
- **All running event athletes must get their hip numbers at the clerks table, located at the SW corner of the facility, at least 30 minutes prior to the estimated start time of their race**
- All athletes wearing spiked shoes must get their shoes approved before they are allowed to compete. Inspection will take place at the SW corner of the facility.
- All events will be administered on a rolling schedule. The start times shown are an estimate only



NO
Christmas
Tree Spike
Pins



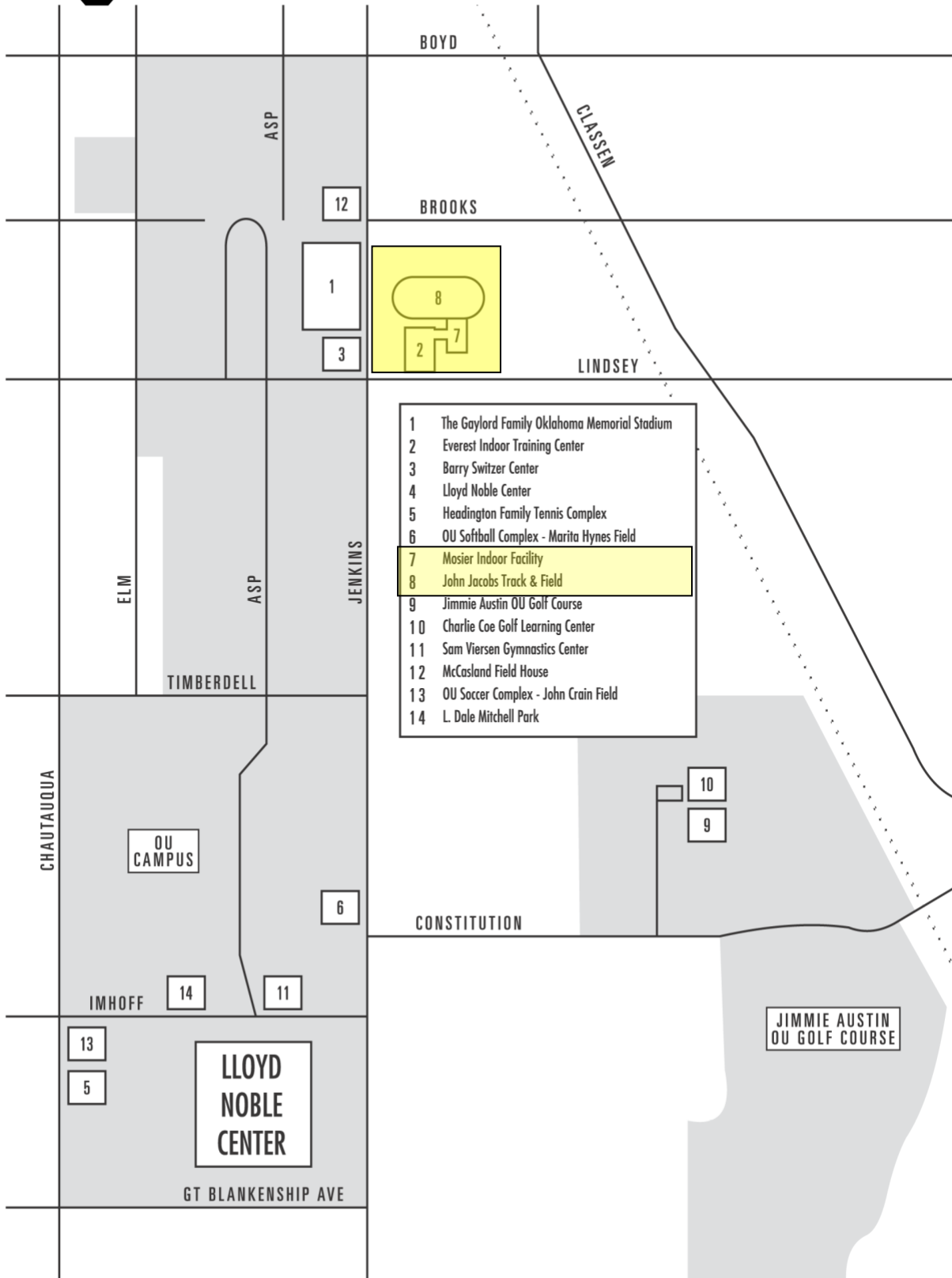
1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins



UNIVERSITY OF OKLAHOMA ATHLETICS FACILITIES





Here are step-by-step instructions to obtain a free username, claim your team, edit your roster and enter a meet using MileSplit.

Go to the following link

<https://support.milesplit.com/en/t/registration>

Also, if you have issues with registration, the new email for that is registration@milesplit.com