

Dear Coach:

Enclosed you will find the information for the Oak Ridge Invitational. If you have any questions concerning the entry forms, please call or email (Boys) Dennis Muehlstein at (936)524-3200, [dmuehlstein@conroeisd.net](mailto:dmuehlstein@conroeisd.net), (Girls) Kristina Dube at (832) 592-5352, [kdube@conroeisd.net](mailto:kdube@conroeisd.net).

### **GENERAL INFORMATION**

<u>Location of Track:</u>	27330 Oak Ridge School Road
<u>Dressing Rooms:</u>	None will be available. Restrooms and concessions are located on the west side of the stadium
<u>Rules:</u>	UIL rules will govern eligibility and participation.
<u>Scoring:</u>	Relays.....20-16-12-8-4-2 Individual Events.....10-8-6-4-2-1 No Throwers relay this year.
<u>Awards:</u>	Plaques for first two teams in each division. Medals for first three finishers in each event.
<u>Entries:</u>	Each team may enter (3) individuals in per event or (1) relay team. <b>Entries will be done on Direct Athletics.</b> Be sure to enter times/efforts (at least rank your kids because running events will be heated fastest to slowest – athlete with no time entered will NOT be put in fast heat). Please make all changes by 11PM Thursday to reduce the number of changes necessary on Saturday morning.
<u>Entry Fee:</u>	\$75.00 Make check payable to: <b>ORHS Sports Booster Club</b>
<u>Timing:</u>	Video Timing will be used.

**\*\*Deadline for entries: Thursday, February 19, 2015 11:00PM\*\*on Direct Athletics**

<u>Starting Blocks:</u>	Blocks will be provided
<u>Admission:</u>	\$3 Adults/\$2 Students & Senior Citizens
<u>Concession Stand</u>	Concession stand will be open
<u>Lunch:</u>	Will be provided by Oak Ridge for track coaches and meet workers <b>only</b> , in team meeting room (same as scratch meeting) from noon till 1 PM.
<u>Scratch Meeting</u>	8:00 – 8:45, Sat February 21, 2015
<u>Field Events</u>	Start at 9:00 AM

**Coaches will be responsible for the conduct of their teams. Only school uniformed contestants and Coaches will be allowed on the infield. All athletes are to remain OUTSIDE of the school buildings.**

# The Oak Ridge Invitational Meet Schedule

## Saturday, February 21, 2015

(Tentative)

8:00 AM Scratch Meeting  
 9:00 AM Field Events (Top eight to finals)

Pole Vault Girls/Boys\* no finals  
 Discus Boys/Girls  
 Shot Put Girls/Boys  
 Long Jump Girls/Boys  
 Triple Jump Boys/Girls  
 High Jump Boys/Girls \* no finals

10:00 3200 M Girls (timed Final)

10:15 3200 M Boys (timed Final)

10:45 **Sprint (200-200-400-800) Medley Relay - Girls**

**Sprint (200-200-400-800) Medley Relay – Boys**

**Distance (1200-400-800-1600) Medley Relay - Girls**

**Distance (1200-400-800-1600) Medley Relay - Boys**

1:30 PM Running Finals Girls/Boys

Rolling Schedule **Shuttle Hurdle Relay (new this year)**

4 x 100 Meter Relay

800 Meter

100 Meter Hurdles – Girls

110 Meter High Hurdles - Boys

100 Meter Dash

4 x 200 Meter Relay

400 Meter Dash

300 Intermediate Hurdles

200 Meter Dash

1600 Meter Run

4 x 400 Meter Relay

Following 4 x 400 Awards Ceremony  
 (Team Awards)