

# BETHANY HIGH SCHOOL 1<sup>st</sup> ANNUAL Bethany Twilight

Bethany High School extends an invitation for your school to participate in our 1<sup>st</sup> annual High School Boys and Girls Twilight Meet. This event will be held on Monday, March 2, 2015, starting at 4:00 p.m. The following will give you the information you need concerning this meet. The track is located at the Bethany Public Schools Athletic Complex just west of NW 50<sup>th</sup> Street and Council Road in Northwest Oklahoma City.

All team entries must be completed on-line: [www.enduroentries.com](http://www.enduroentries.com) (TrackRoster).  
Coaches must complete Steps #2 - #5 to complete their team's on-line entries.  
You must add the "Bethany Twilight" to your on-line schedule,  
and enter your athletes in the meet. (Steps 2-5) (No exceptions)  
----- **DEADLINE for all entries: Sunday, March 1 @ 4 PM**-----

**Entry Fee:** \$50.00 (each boys team) and \$50.00 (each girls team) (\$100.00 total). Make checks payable to Bethany Public Schools.

Bring Checks or Send to: Bethany Public Schools  
Attn. Jon Arthur  
6721 NW 42<sup>nd</sup> Street  
Bethany, OK, 73008

**Field Size:** **\*\*The field will be limited to the first 5 schools that contact the meet directors.\*\***

**Meet Format:** Due to the limited entry fee each of the five schools attending will be asked to run off one field event, while Bethany will provide the timing. Please contact Coach Arthur below to work a specific event. Also, see the "Entrants" section below.

**Divisions:** High School Boys, High School Girls

**Timing:** This meet will be FAT.

**Trophies:** Team points will be kept, but no trophies will be given.

**Medals:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in all events.

**Entrants:** Each contestant is limited to four (4) events, including relays. Each school is limited to five (5) entrants in each event. Each school can have unlimited relay entries. **Only three (3) athletes and one (1) relay from a school can score points.**

**Time Schedule:**  
3:30 PM Coaches Meeting  
4:00 PM Field Events  
4:15 PM 3200 Meter Run  
5:30 PM Running Events (Timed Finals)

**Events:** Three (3) throws or jumps and then qualify eight (8) to finals shot put, discus, and long jump. If field size is less than 12 competitors the number of throws or jumps may be modified.

**Team Points:** Points will be awarded to the top 8 (10-8-6-5-4-3-2-1) with Relays doubled (20-16-12-10-8-6-4-2).

**Lunch:** Dinner will be provided for coaches.

**Equipment:** Our track is an all weather track. Please use spikes no longer than 1/4". Starting blocks will be provided.

**Entries:** Please let us know if you would like to attend this meet. Send an e-mail to Jon Arthur at [jarthur@bps.k12.ok.us](mailto:jarthur@bps.k12.ok.us).

**For questions or in case of possible inclement weather please contact the meet directors:**

Jon Arthur, Head Boys Track Coach

[jarthur@bps.k12.ok.us](mailto:jarthur@bps.k12.ok.us)

405-664-6183 (Cell)

Fax: 405-499-4634, Attn: Jon Arthur

Bethany Athletic Complex Phone: (405) 499-4640

Adam Forester, Head Girls Track Coach

[aforester@bps.k12.ok.us](mailto:aforester@bps.k12.ok.us)

405-664-6022 (Cell)

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**Schedule of Events**

**3:30** Coaches Meeting (Locker Room behind the Stadium)

**Field Events**

**4:00** *Due to reduced cost for this meet each school will run off one field event.*

Discus	Girls	Boys
High Jump	Girls	Boys
Shot Put	Boys	Girls
Long Jump	Boys	Girls
Pole Vault	Boys	Girls

*We will qualify the top eight (8) in all field events to the finals (unless field size is less than 12 competitors in which case the number of throws or jumps may be modified) and we will run all races as final heats against time.*

**Running Events**

\*Approximate Times

<b>4:15</b>	3200 Meter Run	Girls	Boys
<b>5:30</b>	400 Meter Relay	Girls	Boys
<b>5:40</b>	3200 Meter Relay	Girls/Boys	
<b>6:00</b>	100 Meter Hurdles	Girls (33")	
<b>6:05</b>	110 Meter Hurdles	Boys (39")	
<b>6:15</b>	800 Meter Relay	Girls	Boys
<b>6:30</b>	800 Meter Run	Girls	Boys
<b>6:40</b>	100 Meter Dash	Girls	Boys
<b>6:50</b>	400 Meter Dash	Girls	Boys
<b>7:05</b>	300 Meter Hurdles	Girls (30")	Boys (36")
<b>7:25</b>	200 Meter Dash	Girls	Boys
<b>7:35</b>	1600 Meter Run	Girls/Boys	
<b>7:45</b>	1600 Meter Relay	Girls	Boys