

December 1, 2008

Dear Coach:

Enclosed you will find the information for the Oak Ridge Invitational. If you have any questions concerning the entry forms, please call (Boys) Dennis Muehlstein at (832) 592-5558 (Girls) Kristina Dube at (832) 592-5352.

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 Throwers Relay will NOT be scored, but medals will be awarded.
<u>Awards:</u>	Trophies/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 each event and (1) relay team. Entries will be done that day. Will need to submit a number of athletes competing in each event. Email will be sent later.
<u>Entry Fee:</u>	\$75.00 Make check payable to: ORHS Sports Booster Club
<u>Timing:</u>	Video Timing will be used.

****Deadline for entry forms: Wednesday, February 11, 2008 12:00pm****

Mail or Fax or **Email** to: (please call to confirm a fax)

(832) 592-5352

(832) 592- 5530 FAX

Dennis Muehlstein

27330 Oak Ridge School Road

Conroe, TX 77385

dmuehlstein@conroeisd.net

Kristina Dube

kdube@conroeisd.net

<u>Starting Blocks:</u>	Blocks will be provided
<u>Admission:</u>	\$2
<u>Concession Stand</u>	Concession stand will be open
<u>Lunch:</u>	Will be provided by Oak Ridge for track coaches and meet workers <u>only</u> .
<u>Scratch Meeting</u>	8:30 – 9: 30, Sat February 14, 2009
<u>Field Event</u>	Start at 10:00 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 14, 2009

(Tentative)

9:00 AM		Scratch Meeting
10:00 AM	3200 M	Girls (timed Final)
	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
10:15	3200 M	Boys (timed Final)

11:00 Distance Medley Relay - Girls

11:20 Distance Medley Relay - Boys

2:00 PM	<u>Running Finals Girls/Boys</u>
(Or 1 hour after the	4 x 100 M Throwers Relay (not scored)
conclusion of the last field	4 x 100 Meter Relay
event, which ever is later)	800 Meter Run
	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)