

Comanche 7th, 8-9th Invitational

Thursday, April 9th, 2015

Field Events Start @ 9:30

Running Events Start @ 10:00

(Coaches Meeting @ 9:15)

Track Coaches:

We are holding our 12th Annual JH High School Invitational on **Thursday, April 9th, 2015**. Field Events begin at 9:30 and running events start at 10:00.

Entry Fees: \$65 per team (\$20 for individual competitors)

Medals: Awarded to the top **5** (individual events) & top 3 Relays.

Team Points: Team points will be kept but no Team Trophies will be awarded.

Contestants: Each school may enter three contestants per event and one relay. Athletes may enter four events.

4 Divisions: 8th & 9th Girls

8th & 9th Boys

7TH Boys

7TH Girls

Track: All-Weather surface, 6 lanes, all-weather approaches and runways. SHORT SPIKES ONLY! No Exceptions!

Timed Finals: All Events.

Parking: Buses should park on the west side of the football stadium on the grass.

Concession: will be provided and the Coaches' will be feed for free.

Please RSVP so we can know how many teams and food to prepare.

Send checks to: Comanche Schools

1030 Ash St.

Comanche, OK 7352

Attention: Stephen Justus

Cell Phone: 405-779-1472

School: 580-439-2922

ORDER OF EVENTS

FIELD EVENTS: 9:30

SHOT: 7th Boys, JH Boys, 7th Girls, JH Girls

DISCUS: 7th Girls, JH Girls, 7th Boys, JH Boys

LONG JUMP: JH Boys, 7th Boys, JH Girls, 7th Girls

HIGH JUMP: JH Girls, 7th Girls, JH Boys, 7th Boys

POLE VAULT: All Girls, All Boys **Possibly at the same time**

RUNNING EVENTS: 10:00

400 m Relay (G/B)

3200 m Relay (G/B)

100 m Hurdles (G)

110 m Hurdles (B)

3200 m Run (JH G-B)

800 m Relay (G-B)

800 m Run (G/B)

100 m Dash (G/B)

400 m Dash (G/B)

300 m Hurdles (G/B)

200 m Dash (G/B)

1600 m Run (G/B)

1600 m Relay (G/B)