

Order of Events—10:30

**400 METER RELAY JH GIRLS JH BOYS HS GIRLS HS BOYS
3200 METER RELAY JH GIRLS JH BOYS HS GIRLS HS BOYS
100 M HURDLES JH GIRLS HS GIRLS
110 M HURDLES JH BOYS HS BOYS
3200 METER RUN HS BOYS
800 METER RELAY JH GIRLS JH BOYS HS GIRLS HS BOYS
800 METER RUN JH GIRLS JH BOYS HS GIRLS HS BOYS
100 METER DASH JH GIRLS JH BOYS HS GIRLS HS BOYS
3200 METER RUN HS GIRLS
400 METER DASH JH GIRLS JH BOYS HS GIRLS HS BOYS
300 METER LH JH GIRLS HS GIRLS
300 METER IH JH BOYS HS BOYS
200 METER DASH JH GIRLS JH BOYS HS GIRLS HS BOYS
1600 METER RUN JH GIRLS JH BOYS HS GIRLS HS BOYS
1600 METER RELAY JH GIRLS JH BOYS HS GIRLS HS BOYS**

FIELD EVENTS—10:00

**POLE VAULT JH BOYS JH GIRLS HS BOYS HS GIRLS
HIGH JUMP JH GIRLS JH BOYS HS GIRLS HS BOYS
LONG JUMP JH BOYS JH GIRLS HS BOYS HS GIRLS
SHOT PUT JH BOYS JH GIRLS HS BOYS HS GIRLS
DISCUS JH GIRLS JH BOYS HS GIRLS HS BOYS**

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL
HAVE 3 JUMPS/THROWS EACH.**

DCLA Invitational Track Meets

JH and High School: Tuesday, April 21st, 2015

Head Track Coach: Jason Collins

Email: jcollins@dclak12.org

Cell Phone: 918-397-1465

On behalf of DCLA Public Schools, we invite you and your teams to participate in our boys and girls track and field meet. We have an all-weather six-lane track with excellent field facilities.

Entry Fee: Junior High Division - \$65 entry fee for each boys and girls teams in each JH grade division, or \$10.00 per athlete for 4 or fewer participants.

High School Division- \$80 entry fee for each boys and girls team or \$10.00 per individual for 4 or fewer participants.

Time: Coaches meeting 9:30 a.m. in the in field

First calls made at 9:45 and meet will begin at 10:00

JH Divisions: We will run the 300 meter hurdles.

Limitations: Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

Medals: Medals will be awarded to the top six places.

Team Points: Individual scoring will apply: 10-8-6-4-2-1

Relay scoring will apply: 20-16-12-8-4-2.

Equipment: DCLA Schools will provide starting blocks. Please no tape on the running surface.

Hospitality Room: A coaches Hospitality room will be set-up with plenty of varieties of foods and drinks available.

RSVP: Schools are welcome without reservation but if you know you are coming in advance, please call or email me your school information, including the number of coaches.

OSSAA rules will apply