

# Southern Oklahoma Invitational 2015

You are invited to the 2015 Southern Oklahoma Invitational on Friday, March 13, 2015 at Duncan High School. There will be one varsity division for boys and girls. We have a **new 7 lane track** as well as new throwing rings that will accommodate any wind direction.

Please email or call Todd Ledford if you plan on attending!!

[Todd.ledford@duncanps.org](mailto:Todd.ledford@duncanps.org) or 580-467-2741

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries on TrackRoster by completing steps 1-5 for "Roster Entries" meets. The entry deadline for this meet is Tuesday, March 10. Log into your TrackRoster account at: [www.trackroster.com](http://www.trackroster.com).

Cost is \$ 90.00 per team/\$ 150.00 if you bring both boys and girls. \$10.00 per individual entry. Make checks payable to Duncan Track and Field.

Mail to: Duncan Athletic Department, PO Box 1548, Duncan OK, 73534

Coaches Meeting: 9:15am

Starting Time : 10:00am

Facilities: Concession Available

Scoring: Ind. Events-10,8,6,4,2,1 Relays-20,16,12,8,4,2

Awards: Medals will given to the top 3 in each event

Championship Trophy and Runner up Trophy in both divisions

## **Order of Events**

### **Timed Finals**

400 meter relay Girls Boys

3200 meter relay Girls Boys

100 meter hurdles Girls

110 meter hurdles Boys

3200 meter run Girls Boys

800 meter relay Girls Boys

### **Proposed Lunch Break**

800 meter run Girls Boys

100 meter dash Girls Boys

400 meter dash Girls Boys

300 meter hurdles Girls Boys

200 meter dash Girls Boys

1600 meter run Girls Boys

1600 meter relay Girls Boys

### **Field Events**

Pole Vault Girls Boys

Shot Put Girls Boys

Long Jump Girls Boys

Discus Boys Girls

High Jump Boys Girls