

## **Order of Events—9:30**

**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—9:30**

**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, March 29, 2016

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 9:30 and meet will begin shortly after.

**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**