

Southern Oklahoma Invitational 2016

You are invited to the 2016 Southern Oklahoma Invitational on Friday, March 11, 2016 at Duncan High School. There will be one varsity division for boys and girls.

Please email or call Todd Ledford 580-467-2741- todd.ledford@duncanps.org or Tim Buben 580-470-5042 – tim.buben@duncanps.org if you plan on attending!!

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 Wednesday March 9 by 12:00pm. Log into your TrackRoster account at: www.trackroster.com.

Cost is \$ 90.00 per team/\$ 170.00 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