

Quannah Cox Invitational Invitational 2016

You are invited to the 2016 Duncan High School Invitational on Thursday, April 28, 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 Tuesday, April 26. 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: 4:00pm

Starting Time : 4:15pm

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
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