

Konawa

**7th and 8th Grade
INVITATIONAL TRACK MEET
Thursday, March 31st**



Field Events will begin at 10:00 and the running events will begin at 10:30.

LIMITED to Class 3A, 2A, and A schools only.

ENTRY FEE: \$60.00 Per team (\$15 for individual competitors).

MEDALS: Awarded to top five (5) finishers in each event.

TROPHIES: Awarded to winning team in each division.

CONTESTANTS: Each school may enter up to three contestants per event and one relay. Contestants may compete in only one division.

4 DIVISIONS:
7th Grade Girls
7th Grade Boys
8th Grade Girls
8th Grade Boys

TRACK: New Surface – Track & Runways – Enlarged HJ Approach – Short Spikes –
No Tape Please!

TIMED FINALS: ALL EVENTS

Please let me know if you are planning to attend:

Brandon Leslie (Boys Coach)

brandonleslie@konawa.k12.ok.us

Cell # 405-584-1603

Gordon Garner (Girls Coach)

gordongarner@konawa.k12.ok.us

Home Phone 580- 925-2599

School # 580- 925-3244 (ext.230)

Konawa High School

701 W. South Street

Konawa, OK. 74849

Running Events Begin at 10:30

400m Relay (7G, 8G, 7B, 8B)

3200m Relay (7G, 8G, 7B, 8B)

100m Hurdles (7G, 8G) 30"

110m Hurdles (7B, 8B) 30"

800m Relay (7G, 8G, 7B, 8B)

800m Run (7G, 8G, 7B, 8B)

100m Dash (7G, 8G, 7B, 8B)

400m Dash (7G, 8G, 7B, 8B)

300m Hurdles (7G, 8G, 7B, 8B)

200m Dash (7G, 8G, 7B, 8B)

1600m Run (7G, 8G, 7B, 8B)

1600m Relay (7G, 8G, 7B, 8B)

Field Events Begin at 10:00

Shot (8G, 7G, 8B, 7B)

Discus (8B, 7B, 8G, 7G)

Long Jump (7G, 8G, 7B, 8B)

High Jump (7B, 8B, 7G, 8G)

NO POLE VAULT!

Order Of Events

Running Events Begin at 10:30

400m Relay (7G, 8G, 7B, 8B)
3200m Relay (7G, 8G, 7B, 8B)
100m Hurdles (7G, 8G) 30"
110m Hurdles (7B, 8B) 30"
800m Relay (7G, 8G, 7B, 8B)
800m Run (7G, 8G, 7B, 8B)
100m Dash (7G, 8G, 7B, 8B)
400m Dash (7G, 8G, 7B, 8B)
300m Hurdles (7G, 8G, 7B, 8B)
200m Dash (7G, 8G, 7B, 8B)
1600m Run (7G, 8G, 7B, 8B)
1600m Relay (7G, 8G, 7B, 8B)

Field Events Begin at 10:00

Shot (8G, 7G, 8B, 7B)
Discus (8B, 7B, 8G, 7G)
Long Jump (7G, 8G, 7B, 8B)
High Jump (7B, 8B, 7G, 8G)
NO POLE VAULT!