

# Poteau High School Invitational

## Tuesday, March 29, 2016

Dear Coach,

On behalf of the Poteau High School, we wish to extend to you and your teams a sincere invitation to participate in our Invitational on Tuesday, March, 29. **Make-up day for this meet will be Friday, April 1.** The following will give you vital information concerning this meet. The coaches meeting will begin at 12:45 p.m. in the football field house. Lunch will be provided at noon for all coaches.

**DIVISION:** This meet will consist of: High School boys & girls.

**TIME:** All teams should be ready to compete at Poteau High Track by 1:00 p.m. Field events will start at 1:15 p.m. Running events will start at 1:30 p.m. (Timed finals).

**ENTRY FEE:** The entry fee will be **\$85.00** for each team.

**AWARDS:** Trophies will be awarded to 1<sup>st</sup> & 2<sup>nd</sup> place in each division. Medals will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places.

**TEAM POINTS:** Awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>, (10, 8, 6, 4, 2) in individual events and relays double (20, 16, 12, 8, 4). Poteau will furnish starting blocks.

**LIMITATIONS:** Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Four (4) throws in the shot and discus, and four (4) jumps in long jump.

**NO TEAM TENTS OR TEAMS ON THE INFIELD**

**SHORT SPIKES ONLY!!!!**

The Oklahoma Secondary Activities Association sanctions this meet and all National Federation rules will be followed. We hope that you and your teams can be with us for this track meet.

Sincerely,

Girls Track: Billy Bond (Head)  
Merl Moss

Boys Track: Johnny Skimbo (Head)  
Mike Odom

**If your school plans on attending this meet please contact Billy Bond by March 21, at: (918) 647-1939 or email at [bondb@poteau.k12.ok.us](mailto:bondb@poteau.k12.ok.us)**

# Poteau Invitational Track Meet

March 29, 2016

Welcome to Poteau High School's Invitational Track Meet. The following is a list of the Timed Finals.

## Timed Final Meet

3200 Meter Relay	Girls	Boys
100 Meter Hurdles	Girls	33"
110 Meter Hurdles	39"	Boys
400 Meter Relay	Girls	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	30"
300 Meter Hurdles	36"	Boys
200 Meter Dash	Girls	Boys
1600 Meter Run	Girls	Boys
1600 Meter Relay	Girls	Boys

## Field Events

Shot Put (H.S. Girls/ H.S. Boys)  
Long Jump (H.S. Boys/ H.S. Girls)  
Discus (H.S. Boys/ H.S. Girls)  
High Jump (H.S. Boys/ H.S. Girls)  
Pole Vault (H.S. Girls/ H.S. Boys)

**Poteau Public Schools  
High School  
2016 Track Entry Form**

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**March 29, 2016**

**H.S. Boys \_\_\_\_\_ Cost: \$85**

**H.S. Girls \_\_\_\_\_ Cost: \$85**

**Reminder: Teams with 4 or less athletes  
will be charged \$15 per person.**

**Please return as soon as possible so we can  
begin preparing for these track meets.**

**School: \_\_\_\_\_**

**Phone #: \_\_\_\_\_**

**Coach: \_\_\_\_\_**

**Method of Payment:**

**Send \_\_\_\_\_**

**Bring \_\_\_\_\_**

**Mail Payment to: Poteau Public Schools  
100 Mockingbird Lane  
Poteau, Ok 74953**