

Altus High School Athletic Department 400 N. Park Avenue Altus, Oklahoma 73521 (580) 481-2648

Dear Girls and Boys Track Coach:

On <u>Saturday</u>, <u>April 29</u>, <u>2017</u> Altus High School will be hosting the õAltus Invitational Track and Field Meetö. This year the meet will be <u>2 divisions</u>, <u>boys and girls</u>. If you wish to have any õBö team or JV runners, they will be placed in the last heats. This will be a great Regional Tune-Up Meet and a chance to improve seeding times for Regionals.

Trophies will be awarded to the Champion and Runner-up in each Division. National Federation Rules for Track and Field will be used. Medals will be given to the top three places in each division.

Please plan on attending our meet. I promise a good meet and a fun time for all!!!!!!

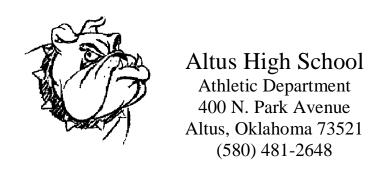
Entry Fee \$ 100.00 Boys \$ 100.00 Girls \$190 for Both \$15.00 for Individual

Mail to: Altus High School 400 N. Park Avenue Altus, Okla. 73521 Attn: Athletic Dept.

If you have any question, please feel free to call Robert Garrison(rgarrison@altusps.com) at School, (580) 481-2173) or home (580) 481-0327, Todd Vargas tvargas@altusps.com) at School, (580) 481-2539 or home (580) 677-0007; or the Athletic Director Todd Ware (tware@altusps.com) at (580) 481-2647.

Sincerely, Robert Garrison and Todd Vargas, Altus Track Coaches

School		
	Will not attend	
Boys Division	Girls Division	_
Name of Head Coach		Number of Asst. Coaches



Altus Invitational Track Meet - Schedule of Events Saturday, April 29, 2017

Coaches Meeting: 8:45 a.m.

Field Events: 9:00 a.m.

High Jump Boys, Girls
Long Jump Girls, Boys
Pole Vault Girls, Boys
Shot Put Boys, Girls
Discus Girls, Boys

Timed Finals: 9:30 a.m.

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 20 minute break)

400 Gravitational Challenge Relay (In Weight Event or 200 lbs plus) (if time)

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)