

# Southern Oklahoma Invitational 2017

You are invited to the 2017 Southern Oklahoma Invitational on Friday, March 10, 2017 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](mailto:todd.ledford@duncanps.org) or Tim Buben 580-470-5042 – [tim.buben@duncanps.org](mailto: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 8 by 12:00pm. Log into your TrackRoster account at: [www.trackroster.com](http://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