

Track Coaches:

We are holding our Konawa High School Invitational on Friday, April 21, 2017. Field events begin at 10:00 and running events start at 10:30. Please note that this meet is limited to Class 3A, 2A, and A schools only.

Entry Fees: \$75 per team (\$15 for individual competitors).

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

Trophies: Awarded to winning team in each division.

Contestants: Each school may enter three contestants per event and one relay.

-Short Spikes-No Tape Please!

Timed Finals

Please let us know if you are planning to attend:

Larry Latimer

Boys Coach

School: 580-925-3244

Cell: 405-760-1445

larrylatimer@konawa.k12.ok.us

Gordon Garner

Girls Coach

School: 580-925-3244 (ext 230)

Home: 580-925-2599

gordongarner@konawa.k12.ok.us

Running Events Begin at 10:30

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

Field Events Begin at 10:00

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

Konawa High School
701 W. South Street
Konawa, OK 74849