

**BANCFIRST
RED DEVIL RELAYS
FRIDAY MARCH 10, 2017 *
PRAGUE HIGH SCHOOL
3A & BELOW H.S. GIRLS & BOYS**

Coaches Meeting -12:30 P.M. F.E.-1:00 P.M. Track-1:30 P.M.

DISTINCTIVE FEATURES

3 Trophies per division
5 Medals per event-including all 5 relays
Quadathlon in each division (200-Shot-LJ-800)
Mile Medley (800-200-200-400)
4x200 for both genders
Score 8 places/event ((10-8-6-5-4-3-2-1) (Double for relays & quadathlon)
3A & below schools only

LIMITATIONS

4 Events/Indiv. (Quad. counts as all 4)
3 Scoring Indiv./Event; 1 relay team (unless part of dedicated team)

ENTRY FEES

\$90.00/ Division or \$160.00 for both

**CONCESSION STAND AVAILABLE
COACHES MEAL PROVIDED**

Bus Parking- East of Football Field
Team Camps- West of Football Field

If you plan to attend, or if you have any questions, call Coach Martin at your convenience.

405-567-5563 (cell)
405-567-3888 (home)

Terry Martin
PHS Track

If a Prague basketball team is playing in the State Semi-finals on Friday we will postpone to a later date-TBA

BANCFIRST RED DEVIL RELAYS

ORDER OF EVENTS

FRIDAY MARCH 10, 2017

PRAGUE HIGH SCHOOL

TRACK-1:30 P.M.

Q200
4X100 pre
4X800
100/110 Hurdles
100 pre
1600 G
4X200
1600 B
300 Hurdles
1600 Medley
(800-200-200-400)

SHORT BREAK

4X100 Final
800
Q800 G ?
100 Final
Q800 B ?
400
3200 G
200
3200 B
4X400

FIELD-1:00 P.M.

SHOT-G, Q?, B
DISCUS-B, G
LJ-B, Q?, G
HJ-G, B
PV-B, G