

Deer Creek-Lamont Track Meet 2018

Tuesday, April 17 – JH Boys and Girls (7th & 8th Grade Only)
\$65 per division; Individual fees are \$10 per athlete

Tuesday, April 17 – High School Boys and Girls
\$80 per division; Individual fees are \$15 per athlete

Wednesday, April 18 – 5th & 6th Boys and Girls
\$50 per division

Time: - 9:30 a.m. – Coaches Meeting
 - 9:45 a.m. – Field Events Begin
 - 10:15 a.m. – Running Events Begin

BOTH MEETS ARE TIMED FINALS

Limitations: - Each contestant is limited to 4 events, including relays
 - Each school is limited to 3 contestants per event. (*5 for 5th/6th*)
 - Each school is limited to 1 team per relay.
 - 4 throws will be allowed in Shot and Discus, and 4 attempts will be allowed in Long Jump. NO FINALS.
 - High Jump for all levels.
 - Pole Vault for JH and HS only.

Awards: - Medals will be given to the top five (5) places in each event.

Team Points: - 10-8-6-4-2-1 for individual events; 20-16-12-8-4-2 for relays.

Equipment: - DCLA has a 6-lane track and we use an automatic timing system. We request that short spikes (1/4) or flat shoes are worn on our track.
 - DCLA will furnish all starting blocks.

 - A concession stand will be in operation during both meets.
 - All participants must keep tents outside of the cable and behind the bleachers.

Contacts: - If you have any questions, please call or text Preston Kysar @ DCLA High School: 580-388-4333 (school) or 580-748-0699 (cell)

**Please call or text to give us your school name and a contact number.
We will contact all participating schools if bad weather forces cancellation.**