



Lake Country Conference Championships

Saturday, April 21st, 2018

Coaches Meeting: 9:30 a.m. **Field Events:** 10:00 a.m. **Running Events:** 11:30 a.m.

Divisions: JH Girls (7-9), JH Boys (7-9), HS Girls (9-12), HS Boys (9-12). Coaches must declare freshman (9th graders) as either junior high **OR** high school.

You will need to enter the **JH Division** from a **Middle School (Junior High)** roster within your ENDURO USA™ account. You will need to enter the **HS Division** from a High School roster.

Awards: Medals will be awarded to first six (6) places in each event. Only first three (3) from each school can earn medals/score points.

Field Events: Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts.

Heating: Heating will be done at the heating benches located at the east end of the field.

Concession/Admission: The concession stand will be open. Admission will be charged for spectators. Restrooms are available.

Parking: Bus parking will be on the west end of the stadium.

Inclement Weather/Questions:

Bink Stafford, AD
(580) 795-3339

Cale Eidson, Girls Track
ceidson@madillok.com

Wayne Jaggars, Boys Track
wjaggars@madillok.com

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a division for each student being entered. (This is a "Roster Entries" meet.) The on-line ENTRY DEADLINE is the day before the meet @ 6:00pm. Log into your account at: www.endurousa.com

*** NO LATE ENTRIES *** Schools who have not entered on-line will not be added at the meet. *** If you have questions about your ENDURO USA account, please message Kevin through your ENDURO USA account, or email him at: kevin@runenduro.com

CONFERENCE WORKERS' SCHEDULE

HJ - Comanche

PV - Plainview

LJ - Sulphur

Shot - Marietta

Discus - Lone Grove

Exchange 1 - Byng/Tishomingo

Exchange 2 - Dickson/ Madill

Exchange 3 - Kingston/Davis

**SCHOOLS ASSIGNED TO EXCHANGE ZONES WILL ALSO HELP SET
HURDLES**

TEAM CAMPS MUST BE OUTSIDE OF FENCE SURROUNDING TRACK

**WARM-UPS WILL BE ON THE PRACTICE FIELD, HURDLES WILL BE
PROVIDED**

ORDER OF EVENTS

Field Events: 10:00 a.m.

Running Events: 11:30 a.m.

FIELD EVENTS

Shot Put - HSG, JHG, HSB, JHB

Discus - HSB, JHB, HSG, JHG

High Jump - HSB, JHB, HSG, JHG

Long Jump - HSG, JHG, HSB, JHB

Pole Vault - HSG, JHG, HSB, JHB

RUNNING EVENTS

4x100 - JHG, JHB, HSG, HSB

4x800 - JHG, JHB, HSG, HSB

100H - JHG, HSG

110H - JHB, HSB

3200m - JHG, JHB, HSG, HSB

4x200 - JHG, JHB, HSG, HSB

800m - JHG, JHB, HSG, HSB

100m - JHG, JHB, HSG, HSB

400m - JHG, JHB, HSG, HSB

300H - JHG, JHB, HSG, HSB

200m - JHG, JHB, HSG, HSB

1600m - JHG, JHB, HSG, HSB

4x400m - JHG, JHB, HSG, HSB