



## Lake Country Conference Championships

Tuesday, April 24th, 2018

**Coaches Meeting:** 3:30 p.m.

**Field Events:** 4:00 p.m.

**Running Events:** 4:00 p.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.

### **SCHOOLS WILL BE STRICTLY LIMITED TO THREE (3) ENTRIES PER EVENT AND ONE (1) RELAY TEAM PER EVENT IN EACH DIVISION**

**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](http://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](mailto:kevin@runenduro.com)

**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.

# **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**

**Inclement Weather/Questions:**

Bink Stafford, AD  
(580) 795-3339

Cale Eidson, Girls Track  
ceidson@madillok.com

Wayne Jaggars, Boys Track  
wjaggars@madillok.com

## **ORDER OF EVENTS**

**Field and Running Events: 4:00 p.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