

# **Lindsay Leopard 7<sup>th</sup> and Jr. High Invitational**

## **4/5/18**

Dear Coach,

We would like to invite you to the **Lindsay Leopard Invitational** track and field meet. The meet will be **Thursday, April 5th**, with the coaches meeting beginning at 9:00 followed by the field events at 9:30 and the running events at 10:00. We have a 6 lane all weather surface and would ask that your athletes wear ¼ inch spikes. **Hospitality will be provided for all of your coaches.**

### **Divisions**

7<sup>th</sup> girls, 7<sup>th</sup> boys, JH girls, JH boys

### **Entry Fees**

\$75 per division or \$150 per girls/boys team. \$15 for individuals (4 or less). Please make checks payable to Lindsay Public School. You can mail checks to: Lindsay Public Schools, 800 W. Creek; Lindsay, OK 73052 or bring them to the meet.

### **Field Events 9:30**

Long jump ó boys/girls  
High jump ó girls /boys  
Shot ó boys/girls  
Discus ó girls/boys  
**No Pole Vault**

### **Awards**

Medals will be given to the top **six** places in each individual event and the top three relays. Team points will be kept, but no trophy will be given.

**OSSAA rules will govern the meet.**

### **Contacts**

John Inman ó Head boys coach (405) 756 ó 3132 (school)  
(580) 272 ó 4051 (cell)

Sam Hembree ó Head girls coach (918) 949 ó 8555 (cell)

Tom Ferguson ó Athletic Director (405) 756 ó 5744 (cell)

### **Running events 10:00**

400 relay ó girls/boys  
3200 relay ó girls/boys  
100 hurdles ó girls  
110 hurdles - boys  
100m dash ó girls/boys  
800m relay ó girls/boys  
break  
800m ó girls/boys  
400m - girls/boys  
300 hurdles ó girls/boys  
200m ó girls/boys  
Iron man relay ó shot/disc  
1600m ó girls/boys  
1600 relay ó girls/boys