

Jack Hays Invitational Track Meet

March 30, 2018

Dear Coach;

We would like to invite you the annual **Jack Hays Invitational Track and Field Meet at Pauls Valley, Ok.** The meet will be **Friday, March 30th**, with the coaches meeting beginning at 9:00a.m. The field events will start at 9:30a.m. with the running event at 10:00a.m.. We have a 6 lane all weather surface and would ask that your athletes wear ¼ inch spikes. BBQ sandwiches, chips and drinks will be provided for all of your coaches.

Entry Fee: \$95 per division, \$190 for both and \$15 for individuals (4 or less). \$50 per division for B teams (more than 4). Please make checks payable to Pauls Valley Athletics. You can mail checks to: Attn. Kirk Moore, PV Public Schools, P.O. Box 780, Pauls Valley, OK 73075 or bring the check to the meet.

****Please call, text or e-mail Coach Musgrove if you plan to attend.****

Field Events at 9:30 a.m.

Long jump – boys/girls
High jump – girls/boys
Shot – boys/girls
Discus – girls/boys
Pole Vault – boys/girls

Running events at 10:00 a.m.

400 relay – girls/boys
3200 relay – girls/boys
100 hurdles – girls
110 hurdles - boys
3200 m run - girls
800 m relay – girls/boys
800 m run – girls/boys
100 m dash – girls/boys
3200 m run - boys
400 m dash – girls/boys
300 m hurdles – girls/boys
200 m dash – girls/boys
1600 m run – girls/boys
1600 relay – girls/boys

Awards

Medals will be given to the top six (6) places in each event (including relays). No team trophies.

OSSAA rules will govern the meet

Contacts

Head Coach – Lee Ann Musgrove - Cell Phone: (405) 990-9286
School Phone number: (405) 238-1401
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Athletic Director – Kirk Moore- Cell Phone: (405) 207-6717
School Phone number: (405) 238-6497