

ALTUS INVITATIONAL 4A-BELOW MEET

MEET DATE: SATURDAY, MARCH 2ND, 2019

ENTRY FEES: \$60 PER TEAM, \$10 PER INDIVIDUAL

MAIL TO: ALTUS HIGH SCHOOL, 400 PARK AVE. ALTUS, OK. 73521, ATTN:
ATHLETIC DEPT.

DIVISIONS: HS GIRLS AND HS BOYS

-Athletes are limited to 4 events each. A school may enter as many athletes in an event as desired. One Relay per team, per event. 5A and above schools can run Freshmen only if you want to attend.

AWARDS: Medals will be given to top 3 in each event. No team points will be taken.

ALL EVENTS WILL BE TIMED FINALS.

COACHES MEETING AT 9:00 AM

FIELD EVENTS BEGIN AT 9:30 AM

RUNNING EVENTS BEGIN AT 10:00 AM

Any questions contact: Coach Robert Garrison @ rgarrison@altusps.com ,
580-481-0327), Coach Matt Terry @ mterry@altusps.com or AD Randall Coffman @
rcoffman@altusps.com, 580-481-2647. Send email if attending.

EVENTS:

Running Events:	400 Relay	Field Events-	Long Jump- B-G
	3200 Relay		High Jump- G-B
	100m Hurdles		Pole Vault- B-G
	110m Hurdles		Discus- B-G
	3200m Run- Boys		Shot Put- G-B
	800m Relay		
	800 Run		
	100 Meter Dash		
	3200m Run Girls		
	400 Meter Dash		
	300m Hurdles		
	200 Meter Dash		
	1600m Run		
	1600m Relay		