

**ALTUS HIGH SCHOOL**

**Athletic Department  
400 N. Park Avenue  
Altus, Ok. 73521  
580-481-2648**

Dear Girls and Boys Track Coach,

On Friday, April 5th, 2019, Altus High School will be hosting the Altus Invitational Track and Field Meet. This year the meet will be 2 Divisions, boys and girls, not separated by class. If you wish to have any “B” team or JV runners, they will be placed in the last heats.

Trophies will be awarded for the team Champion in each division. National Federation Rules for Track and Field will be used. Medals will be given to the top three places in each event per division.

*Please plan on attending our meet. We promise a fun, quickly run meet.*

**ENTRY FEE:           \$100.00 BOYS  
                              \$100.00 GIRLS  
                              \$190.00 FOR BOTH  
                              \$15 FOR INDIVIDUAL**

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

If you have any questions, please feel free to call Coach Robert Garrison ([rgarrison@altusps.com](mailto:rgarrison@altusps.com)) 580-481-0327, Athletic Director Randall Coffman ([rcoffman@altusps.com](mailto:rcoffman@altusps.com)) 580-481-2647 or contact Coach Matt Terry ([mterry@altusps.com](mailto:mterry@altusps.com)).

Sincerely,  
The Altus High Track Coaching Staff

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School: \_\_\_\_\_

Boys Division: \_\_\_\_\_

Girls Division: \_\_\_\_\_

Name of Head Coach \_\_\_\_\_ Phone # \_\_\_\_\_

**Altus Invitational Track Meet  
Schedule of Events  
April 5th, 2019**

**Coaches Meeting: 8:30am**

**Field Events: 9:00 am**

<b>High Jump-</b>	<b>Boys, Girls</b>
<b>Long Jump-</b>	<b>Girls, Boys</b>
<b>Pole Vault-</b>	<b>All Combined</b>
<b>Shot Put-</b>	<b>Boys, Girls</b>
<b>Discus-</b>	<b>Girls, Boys</b>

**LJ, Shot Put and Discus will be 3 attempts, top 6 to finals and 3 more attempts.**

**Timed Events:           9:30 AM           all events will be Girls/Boys unless noted**

**400m Relay-  
3200 Relay  
100m Hurdles  
110m Hurdles  
3200m Run  
800m Relay  
--proposed 20 minute break  
800m Run  
100m Dash  
400m Run  
300m Hurdles  
200m Dash  
400 Gravitational Challenge Relay (must be in weight event)(if time)  
1600m Run  
1600m Mixed Relay (2 boys, 2 girls) (if interest)(no points)  
1600m Relay**