

## Covington-Douglas Track Meets 2019

**All of the Covington-Douglas meets are by invitation only and for Class A and 2A schools that are sanctioned by the OSSAA.**

Monday March 25, 2019 ó JH Boys and Girls (7<sup>th</sup> & 8<sup>th</sup> Grade Only)  
\$70 per division. Individual fees are \$15 per athlete.

Wednesday March 27, 2019 - 5<sup>th</sup> and 6<sup>th</sup> Boys and Girls  
\$60 per division. Five entries allowed per event. Individual fees are \$10 per athlete.

Friday March 29, 2019 ó High School Boys and Girls.  
\$80 per division. Individual fees are \$15 per athlete.

Monday April 22, 2019 ó JH Boys/Girls and HS Boys/Girls.  
\$80 per HS division and \$70 per JH division. Individual fees are \$15 per HS and \$15 per JH athlete.

Wednesday April 24, 2019 ó 5<sup>th</sup> and 6<sup>th</sup> CD Relays  
\$60 per division. Five entries allowed per event. Individual fees are \$10 per athlete.

Time: 9:30 a.m. Coaches Meeting  
9:45 a.m. Field Events begin  
10:15 a.m. Running Events begin. **All Meets are Timed Finals.**

Limitations: Each contestant is limited to four events, including relays.  
Each school is limited to three entrants in each event and one team in each relay.  
You may enter five for the 5<sup>th</sup> and 6<sup>th</sup> meet.  
Four throws will be allowed in the shot and discus and Four attempts in the long jump, No finals. Pole Vault for JH and HS. High Jump for all levels.

Awards: Medals will be given to the top five (5) places in each event.

Team Points: 10-8-6-4-2-1, with double points awarded for relays.

Equipment: We have 6-lane Polyurethane Track and we use an automatic timing system.  
We request that only short spikes (1/4) or flat shoes are worn on this surface.  
Covington-Douglas will furnish all starting blocks.

A Concession Stand will be in operation throughout the meet and all participants must keep their tents on the outside of the fence.

- If you have any questions please call Mike Kaiser or Brian Smith at Covington-Douglas High School (580-864-7482).  
Brian Smith (home) 580 864-7983 or 580 747-0584 (cell)  
Mike Kaiser (home) 580 864-7460

**Please call and give your phone number if your planning to attend, or text Brian Smith. We will call those schools if bad weather forces cancellation.**