



Dickson Comet Relays 2019

Thursday, March 14, 2019

This meet is open to all schools. If you plan on attending, please respond by email to wbutler@dickson.k12.ok.us or sdlay@dickson.k12.ok.us

Coaches Meeting: 8:30 A.M. in the weight room.

Field Events: 9:00 A.M. **Running Events:** 9:30 A.M.

Divisions: High School Girls, High School Boys

Awards: Medals will be given to the top five placers

Field Events: Each competitor will have 3 preliminary attempts, the top 8 will qualify for the finals and receive 3 additional throws.

Heating: The heating benches will be on the north end of the field.

Concessions/Admission: No ice chest please there there will be a full concession available and a hospitality room for the coaches. Admission will be charged to to all the spectators.

Parking: Bus parking will be in front of the gym . Please pull in straight or back your bus in.

Entry Fee: \$85 per Division or \$170 for both girls and boys, \$20 for and Individual (5 or less athletes)

To Enter: Please confirm your entry by email.

Please make checks payable to Dickson Track

Mail to: Warren Butler
4762 OK-199
Ardmore, OK 73401

Inclement Weather
Warren Butler - Head Track 580-465-3787
Steve Day - Athletic Director 405-623-1303

ORDER OF EVENTS

8:30 Coaches 9:00 Starting Time

Field Events

9:00 A.M.

Girls High Jump
Boys Long Jump
Boys Shot Put
Girls Discus
Boys Pole Vault

10:30

Boys High Jump
Girls Long Jump
Girls Shot Put
Boys Disc
Girls Pole Vault

Running Events

9:30

3200 M Run - Girls, Boys
4x100 Relay - Girls, Boys
4x800 Relay - Girls, Boys
100 Hurdles 33" - Girls
110 H Hurdles 39" - Boys
4x200 Relay - Girls, Boys
800 M Run - Girls, Boys
100 M Dash - Girls, Boys
Fat Mans Relay
400 M Dash - Girls, Boys
300 M Lows - Girls
300 M Intermediate Hurdles - Boys
200 M Dash - Girls, Boys
1600 M Run - Girls, Boys
4x400 M Relay - Girls, Boys

We will have a fat mans relay (must throw the shot or disc) that will have to have at least 1 girl athlete on the team to compete for a meal from the concession stand for the winners.