



Southern Oklahoma Invitational

Duncan, Oklahoma

2019

You are invited to the 2019 Southern Oklahoma Invitational on **Saturday, March 9, 2019** at Duncan High School.

Please email or call Todd Ledford at 580-467-2741 todd.ledford@duncanps.org or Tim Buben at 580-470-5042 tim.buben@duncanps.org if you plan on attending!

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on enduro by completing steps 1-5 for “Roster Entries” meets. The entry deadline for this meet is Thursday, March 7 by 12:00pm. Log into you enduro account at www.endurousa.com.

Schools can run JV kids as long as they are listed as “B” teams. There is no additional charge for B teams

Entry fee is \$90 per team/\$170 if you bring both boys and girls. \$10.00 per individual entry. Make checks payable to Duncan Track and Field. Mail to: Duncan Athletic Department, PO Box 1548, Duncan OK, 73534.

Coaches Meeting	9:15am
Start time	10:00am
Facilities	Concession available
Scoring	Individual events 10,8,6,4,2,1 and relays 20,16,12,8,4,2
Awards	Medals given to top three per event and Championship trophy to each winning team. Championship batons will be awarded to each winning relay

There will be one varsity division for boys and girls.

Order of Events

Timed Finals

400 meter relay	Girls Boys
3200 meter relay	Girls Boys
100m hurdles	Girls
110m hurdles	Boys
3200 meter run	Girls Boys
800m relay	Girls Boys

Proposed Break

800m run	Girls Boys
100m dash	Girls Boys
400m dash	Girls Boys
300m hurdles	Girls Boys
200m dash	Girls Boys

1600m run
1600m relay

Girls Boys
Girls Boys

Field Events

Pole Vault

Girls Boys

Long Jump

Girls Boys 3 jumps in prelims, 3 jumps in finals

High Jump

Boys Girls

Shot

Girls Boys 3 throws in prelims, 3 throws in finals

Discus

Boys Girls 3 throws in prelims, 3 throws in finals