

Quanah Cox Invitational

Duncan, Oklahoma

2019

You are invited to the 2019 Quanah Cox Invitational on Friday, April 26, 2018 at Duncan High School.

!!!!!!This meet will run by the Regional Track Meet format - Prelims and Finals!!!!!!

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 Wednesday, April 24 by 12:00pm. Log into you enduro account at www.enduroussa.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	1:00 pm
Start time	1:30 pm
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.

There will be one varsity division for boys and girls.

Order of Events

400 Relay - Girls, Boys

3200 Relay - Girls, Boys (Final)

100 H. Hurdles - 33" Girls

110 H. Hurdles - 39" Boys

100 Dash - Girls, Boys

3200 Meter Run - Boys (Final)

800 Relay - Girls, Boys (Final)

3200 Meter Run - Girls (Final)

200 Meter Dash - Girls, Boys

Break for 30 minutes

400 Meter Relay - Girls, Boys

800 Meter Run - Girls, Boys

100 Meter High Hurdles - Girls

110 Meter High Hurdles - Boys

100 Meter Dash - Girls, Boys

400 Meter Dash - Girls, Boys

300 Meter Low Hurdles - Girls

300 Meter Int. Hurdles - Boys

200 Meter Dash - Girls, Boys

1600 Meter Run - Girls, Boys

1600 Meter Relay - Girls, Boys

Field Events

Pole Vault

Long Jump

High Jump

Shot

Discus

Girls Boys

Girls Boys 3 jumps in prelims, 3 jumps in finals

Boys Girls

Girls Boys 3 throws in prelims, 3 throws in finals

Boys Girls 3 throws in prelims, 3 throws in finals