

Track Coaches:

We are holding our Konawa 7<sup>th</sup> and 8<sup>th</sup> Grade Invitational on Tuesday, April 9, 2019. Field events begin at 10:00 and running events start at 10:30. Please note that this meet is limited to Class 3A, 2A, and A schools only.

**Entry Fees:** \$75 per team (\$15 for individual competitors).

**Medals:** Awarded to the top five (5) finishers in each event.

**Trophies:** Awarded to winning team in each division.

**Contestants:** Each school may enter three contestants per event and one relay. Contestants may compete in only one division.

**4 Divisions:** 7<sup>th</sup> Grade Girls  
7<sup>th</sup> Grade Boys  
8<sup>th</sup> Grade Girls  
8<sup>th</sup> Grade Boys

***-Short Spikes-No Tape Please!***

**Timed Finals:** All Events

Please let me know if you are planning to attend: [gordongarner@konawa.k12.ok.us](mailto:gordongarner@konawa.k12.ok.us)

Konawa High School  
701 W. South Street  
Konawa, OK 74849

**Gordon Garner  
Girls Coach**

School: 580-925-3244 (ext 230)

Home: 580-925-2599

[gordongarner@konawa.k12.ok.us](mailto:gordongarner@konawa.k12.ok.us)

**Leander Yellowfish  
Boys Coach**

School: 580-925-3244 ext. 350

Cell: 405-380-6423

[leanderyellowfish@konawa.k12.ok.us](mailto:leanderyellowfish@konawa.k12.ok.us)

**Ray Ardery**

School: 580-925-3244 ext. 250

Cell: 405-206-9737

[rayardery@konawa.k12.ok.us](mailto:rayardery@konawa.k12.ok.us)

**Running Events Begin at 10:30**

400m Relay (7G, 8G, 7B, 8B)

32000m Relay (7G, 8G, 7 B, 8B)

100m Hurdles (7G, 8G) 30"

100m Hurdles (7B, 8B) 30" (Note all hurdles will be run at 100 meters)

800m Relay (7G, 8G)

800m Run (7G, 8G, 7B, 8B)

100m Dash (7G, 8G, 7B, 8B)

400m Dash (7G, 8G, 7B, 8B)

300m Hurdles (7G, 8G, 7B, 8B)

200m Dash (7G, 8G, 7B, 8B)

1600m Run (7G, 8G, 7B, 8B)

1600m Relay (7G, 8G, 7B, 8B)

**Field Events Begin at 10:00**

Shot (8G, 7G, 8B, 7B)

Discus (8B, 7B, 8G, 7G)

Long Jump (7G, 8G, 7B, 8B)

High Jump (7B, 8B, 7G, 8G)

NO POLE VAULT