

Track Coaches:

We are holding our Konawa High School Invitational on Friday, April 19, 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.

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

**Timed Finals**

Please let us know if you're planning to attend:

**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: 405-760-1445

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

### **Running Events Begin at 10:30**

400m Relay (G,B)

3200m Relay (G,B)

100m Hurdles (G)

110m Hurdles (B)

3200m Run (B)

800m Relay (G)

800m Run (G,B)

100m Dash (G,B)

3200m Run (G)

400m Dash (G,B)

300m Hurdles (G,B)

200m Dash (G,B)

1600m Run (G,B)

1600m Relay (G,B))

### **Field Events Begin at 10:00**

Shot (G, B)

Discus (B, G)

Long Jump (G, B)

High Jump (B, G)

NO POLE VAULT

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