

2019 Lake Country Conference Track Meet

April 20th

Pole Vault: Plainview **Long Jump:** Tishomingo **High Jump:** Comanche

Discus: Marietta **Shot:** Lone Grove

Exchange 1: Byng/Sulphur / **Exchange 2:** Dickson/Madill / **Exchange 3:** Kingston

Schools assigned exchange zones will also help set hurdles

Athletic Directors and Coaches will receive an email containing a Google Sheet Entry Form that will close by 6:00 PM on Thursday, April 18th. All entries are due at that time. Only three entries are allowed per event.

Enter each athletes name, school, and best times/distances/heights for heating on your LCC Entry Form (via Google Sheet and emailed to Athletic Directors and Track Coaches). Changes can be made the day of the meet if necessary.

TEAM CAMPS MUST BE OUTSIDE OF THE FENCE SURROUNDING THE TRACK AND NOT UNDER ANY BLEACHERS. BUSES WILL PARK ON THE EAST SIDE OF THE STADIUM.

BEFORE EVENT:

ATTENTION COACHES: the On-line Entry DEADLINE for this meet is April 18th @ 6pm (Thursday).

((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the steps listed on the "ENTRIES Window".

If your team/school does not complete all the necessary steps (including seed times and marks for a Seeded Meet), your team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If

you have questions about your ENDURO USA™ account, message Kevin McWatters through the messaging feature within your "ENDURO USA" account.

- - - Please log into your ENDURO USA™ account at: www.endurousa.com

--- NEW ---

PREVIEW window: Immediately before you depart for the meet, please view our meet's PREVIEW window for any last minute changes that affect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

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There will be four divisions:

Junior High Girls (7th, 8th, 9th combined), Junior High Boys (7th, 8th, 9th combined)
High School Girls, High School Boys

Coaches Meeting will be at 8:30 A.M.

Field Events begin at 9:00 A.M.

Running Events begin at 9:30 A.M.

400 Relay - JH Girls, JH Boys, HS Girls, HS Boys
3200 Relay - JH Girls, JH Boys, HS Girls, HS Boys (Final)
100 H. Hurdles - JH Girls, HS Girls
110 H. Hurdles - JH Boys, HS Boys
100 Dash - JH Girls, JH Boys, HS Girls, HS Boys
3200 Meter Run - JH Boys, HS Boys (Final)
800 Relay - JH Girls, JH Boys, HS Girls, HS Boys (Final)
3200 Meter Run - JH Girls, HS Girls (Final)
200 Meter Dash - JH Girls, JH Boys, HS Girls, HS Boys

Proposed 20 Minute Break

400 Meter Relay - HS Girls, HS Boys (Final)
800 Meter Run - JH Girls, JH Boys, HS Girls, HS Boys (Final)
100 Meter High Hurdles - HS Girls (Final)
110 Meter High Hurdles - HS Boys (Final)
100 Meter Dash - Girls, Boys (Final)
400 Meter Dash - JH Girls, JH Boys, HS Girls, HS Boys
300 Meter Hurdles - JH Girls, JH Boys, HS Girls, HS Boys
200 Meter Dash - HS Girls, HS Boys (Final)
1600 Meter Run - JH Girls, JH Boys, HS Girls, HS Boys
1600 Meter Relay - JH Girls, JH Boys, HS Girls, HS Boys

Field Events

JH,HS Girls High Jump
HS,JH Boys Long Jump
HS,JH Boys Shot Put
HS,JH Girls Discus
JH,HS Boys Pole Vault

JH,HS Boys High Jump
HS,JH Girls Long Jump
HS,JH Girls Shot Put
HS,JH Boys Discus
JH,HS Girls Pole Vault

ALL JUNIOR HIGH EVENTS WILL BE FINALS

Starter: Kent Bentley

Official: Charlie Wyatt