

# Lindsay Leopard 7<sup>th</sup> and Jr. High Invitational

## 4/4/19

Dear Coach,

We would like to invite you to the **Lindsay Leopard Invitational** track and field meet. The meet will be **Thursday, April 4th**, with the coaches meeting beginning at 9:00 followed by the field events at 9:30 and the running events at 10:00. We have a 6 lane all weather surface and would ask that your athletes wear ¼ inch spikes. **Hospitality will be provided for all of your coaches.**

### Divisions

7<sup>th</sup> girls, 7<sup>th</sup> boys, JH girls, JH boys

### Entry Fees

\$75 per division or \$300 for all divisions. \$15 for individuals (4 or less).

Please make checks payable to Lindsay Public School. You can mail checks to: Lindsay Public Schools, 800 W. Creek; Lindsay, OK 73052 or bring them to the meet.

### Field Events 9:30

Long jump ó boys/girls

High jump ó girls /boys

Shot ó boys/girls

Discus ó girls/boys

**No Pole Vault**

### Awards

Medals will be given to the top **six** places in each individual event and the top three relays.

Team points will be kept, but no trophy will be given.

**OSSAA rules will govern the meet.**

### Contacts

John Inman ó Head boys coach (580) 272 ó 4051 (cell)

Sam Hembree ó Head girls coach (918) 949 ó 8555 (cell)

Tom Ferguson ó Athletic Director (405) 756 ó 5744 (cell)

### Running events 10:00

400 relay ó girls/boys

3200 relay ó girls/boys

100 hurdles ó girls

110 hurdles - boys

100m dash ó girls/boys

800m relay ó girls/boys

break

800m ó girls/boys

400m - girls/boys

300 hurdles ó girls/boys

200m ó girls/boys

Iron man relay ó shot/disc

1600m ó girls/boys

1600 relay ó girls/boys