

Poteau High School Invitational

Tuesday, March 26, 2019

Dear Coach,

On behalf of the Poteau High School, we wish to extend to you and your teams a sincere invitation to participate in our Invitational on **Tuesday, March, 26. Make-up day for this meet will be Friday, March 29.** The following will give you vital information concerning this meet. The coaches meeting will begin at 10:30 a.m. in the football field house. Lunch will be provided at **10:45** a.m. for all coaches. The **3200 Meter Relay** will begin at **11:15** p.m.

DIVISION: This meet will consist of: High School boys & girls.

TIME: All teams should be ready to compete at Poteau High Track by **10:00 a.m.** Field events will start at **11:00** a.m. Running events will start at **11:15** a.m. (Timed Finals). Blocks will be furnished.

ENTRY FEE: The entry fee will be **\$90.00** for each team.

AWARDS: Trophies will be awarded to 1st & 2nd place in each division. Medals will be given to 1st, 2nd, and 3rd places.

TEAM POINTS: Awarded to 1st, 2nd, 3rd, 4th, 5th, and 6th, (10, 8, 6, 4, 2) in individual events and relays double (20, 16, 12, 8, 4). Poteau will furnish starting blocks.

LIMITATIONS: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws in the shot and discus, and Three (3) jumps in long jump and high jump. Top 8 to finals.

NO TEAM TENTS OR TEAMS ON THE INFIELD

SHORT SPIKES ONLY & NO TAPE ON TRACK

The Oklahoma Secondary Activities Association sanctions this meet and all National Federation rules will be followed. We hope that you and your teams can be with us for this track meet.

Sincerely,

Girls Track: Billy Bond (Head)
Merl Moss

Boys Track: John Thompson (Head)
Mike Odom

If your school plans on attending this meet please contact Billy Bond by March 15, at: (918) 647-1939 or email at bondb@poteau.k12.ok.us

Poteau Invitational Track Meet

March 26, 2019

Welcome to Poteau High School's Invitational Track Meet. The following is a list of the Timed Finals.

Timed Final Meet

3200 Meter Relay	Girls	Boys (11:15 A.M.)
100 Meter Hurdles	Girls	33"
110 Meter Hurdles	39"	Boys
400 Meter Relay	Girls	Boys
3200 Meter Run	Girls	Boys
800 Meter Relay	Girls	Boys
800 Meter Run	Girls	Boys
100 Meter Dash	Girls	Boys
400 Meter Dash	Girls	Boys
300 Meter Hurdles	Girls	30"
300 Meter Hurdles	36"	Boys
200 Meter Dash	Girls	Boys
1600 Meter Run	Girls	Boys
1600 Meter Relay	Girls	Boys

Field Events

Discus (H.S. Boys/ H.S. Girls)
Long Jump (H.S. Boys/ H.S. Girls)
Shot (H.S. Girls/ H.S. Boys)
High Jump (H.S. Girls/ H.S. Boys)

**Poteau Public Schools
High School
2019 Track Entry Form**

March 26, 2019

H.S. Boys _____ Cost: \$90

H.S. Girls _____ Cost: \$90

**Reminder: Teams with 4 or less athletes
will be charged \$15 per person.**

**Please return as soon as possible so we can
begin preparing for this track meet.**

School: _____

Phone #: _____

Coach: _____

Method of Payment:

Send _____

Bring _____

**Mail Payment to: Poteau Public Schools
100 Mockingbird Lane
Poteau, Ok 74953**