

BANCFIRST --- RED DEVIL RELAYS

FRIDAY, MAR 15, 2019

PRAGUE HIGH SCHOOL

3A & BELOW HS GIRLS & BOYS

TIME: Coaches Mtg -9am

Field Events- 9:30am Running Events – 9:45am

FEES: \$90/DIVISION OR \$160 FOR BOTH

MEDALS: Medals will be awarded to the top 5 finishers in each event

TROPHIES: Trophies will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place teams.

Points will be scored 10-8-6-4-2-1 and will double for relays.

LIMITATIONS: 4 INDIVIDUAL EVENTS (INCLUDING RELAYS AND FIELD EVENTS)

Each school is limited to one (1) relay team.

Each school is limited to three (3) competitors per event.

PARKING: Bus parking will be East of Football Field

CAMPS: Team Camps – West of Football Field (not inside track)

Restrooms / Concessions: available on the NE side of track

\*\*Coaches Meal Provided

IF YOU PLAN TO ATTEND, OR IF YOU HAVE ANY QUESTIONS, CALL or TEXT COACH WATKINS.

405-570-3864.

swatkins@prague.k12.ok.us

# BANCFIRST - RED DEVIL RELAYS

## ORDER OF EVENTS

### FIELD EVENTS 9:30 AM

PV- BOYS GIRLS

HJ- GIRLS BOYS

LJ- BOYS GIRLS

SHOT - BOYS GIRLS

DISCUS - GIRLS BOYS

### RUNNING EVENTS 9:45PM

400M RELAY

3200M RELAY

100M HURDLES

110M HURDLES

3200M RUN BOYS

800M RELAY

800M RUN

100M DASH

\*\*\* BREAK\*\*\*

3200M RUN GIRLS

400M DASH

300M HURDLES

200M DASH

1600M RUN

1600M RELAY