

Watonga Public Schools

Watonga Invitational Track and Field Meet

March 29, 2019

Watonga High School will be hosting their invitational track meet on March 29, 2019. This is an invite to any 4A and below school. We have a 7 lane track and an 8 lane straight, full pour polyurethane track surface that was installed in November of 2015 and a fully automatic timing system. There will be two (2) divisions: HS Girls and HS Boys.

We will follow the state association rules and regulations and the following:

- Only school in class 4A and below may enter the meet.
- This will be a prelims and finals meet.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay.
- Points will be scored 10-8-6-4-2-1 and will double for relays 20-16-12-8-4-2.
- Five (5) medals will be awarded in each individual and relay events.
- An entry fee of \$90.00 per division or \$180.00 for both girls and boys high school teams will be charged. \$20.00 per individual up to 4. Make checks payable to Watonga High School. No refunds.
- This is a Rosters ONLY meet. Entries are to be completed online using ENDURO Entries (www.enduroentries.com). Phone or faxed entries will not be accepted.
- Schools must have rosters entered on ENDURO Entries by **March 27, 2019**. Please enter your TEAM (athletes) before the deadline. If you have questions regarding your ENDURO Entries account, please contact Kevin McWatters at: kevin@enduroussa.com
- ¼ö or less spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for their running event.
- Athletes will not be allowed on the field unless they are warming up or competing in an event at the time.
- Coaches meeting will be at 11:30 a.m. Field events will start at 12:00 p.m., Running at 12:30 p.m.
- A concession stand will be open. Coaches will receive a meal ticket.

Contact Coach Coleman if you any questions about the meet.

Phone: 580-478-2039 Email: jcoleman@watonga.k12.ok.us

**Boys & Girls
Watonga Invitational
March 29, 2019**

Order of Events:

Field Events: 11:00 a.m.

Shot Put-----Boys, Girls
Discus-----Girls, Boys
Long Jump-----Girls, Boys
High Jump-----Boys, Girls
Pole Vault-----Girls, Boys

Running Events: 11:00 a.m.

3200 run Final -----Girls, Boys
3200 relay Final-----Girls, Boys
800 relay Final -----Girls, Boys

Break

400 relay -----Girls, Boys
800 run -----Girls, Boys
100 hurdles ----- Girls
110 hurdles -----Boys
100 dash -----Girls, Boys
400 dash -----Girls, Boys
300 hurdles -----Girls, Boys
200 dash -----Girls, Boys
1600 run -----Girls, Boys
1600 relay -----Girls, Boys