

YUKON SUNDOWNER

Tuesday, MARCH 12, 2019 -- YUKON HIGH SCHOOL

This is an after school meet and teams will be limited to the first that respond.

Preference will be given to teams entering both girls' AND boys' teams.

We will follow a collegiate time schedule for this meet. All field events will take place two hours before the bulk of the running events begin. The 3200m run will take place during the field events.

COACHES' MEETING—3:45 FIELD EVENTS—4:15* RUNNING EVENTS—6:15

*3200m run will be run during the field event portion of the meet

To be entered into this meet, you must have the "Invitation Code".

AFTER EMAILING COACH PARENT matt.parent@yukonps.com or COACH ZIMMERMAN rod.zimmerman@yukonps.com YOU WILL RECEIVE THIS CODE.

IF YOU ARE ONE OF THE FIRST 5 SCHOOLS TO RESPOND.

Using this code to gain access, entries must be submitted on runendurousa.com by completing the necessary steps.

The entry deadline for this meet is Monday March 11th by 5:00pm. This is a Roster Only meet.

TWO DIVISIONS-- High School Girls and High School Boys

AWARDS— Individual: 1-3 medal / Relays: 1-3 / Team: Champion. Scoring 10-8-6-4-2-1/No double relay points.

LIMITATIONS—No limitations for this meet. Unlimited entries.

FIELD EVENTS—Three throws/jumps in the prelims. Top eight performers advance to the finals

PARKING— Please park on the north end of the stadium (behind the scoreboard).

ENTRY FEE—\$80 per division / \$160 for both (girls and boys)

TO ENTER—1. CONFIRM BY EMAIL TO: matt.parent@yukonps.com

2. Get "Invitation Code" and submit roster on runendurousa.com by 5:00pm Mon., March 11, 2019

3. Send check payable to "Yukon Athletics" to:

Liz Nave, Yukon Track

1777 S. Yukon Parkway

Yukon, OK 73099

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****3200m Run at 4:15****

Field events begin at 4:15

Shot Put G / B

Discus B / G

High Jump B / G

Long Jump G / B

Pole Vault G / B

6:15 start for all other running events:

400m Relay

3200m Relay

100 / 110m Hurdles

(5 minute break to present field event results)

Throwers' Relay

800m Relay

800m Run

100m Dash

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay