

ALTUS HIGH SCHOOL
Athletic Department
400 N. Park Avenue
Altus, Ok. 73521 580-481-2648

Dear Girls and Boys Track Coach,

On Thursday, April 9th, 2020, Altus High School will be hosting the Altus Invitational Track and Field Meet. This year the meet will be 2 Divisions, boys and girls, not separated by class. If you wish to have any "B" team or JV runners, they will be placed in the last heats.

Trophies will be awarded for the team Champion in each division. National Federation Rules for Track and Field will be used. Medals will be given to the top three places in each event per division.

Please plan on attending our meet. We promise a fun, quickly run meet.

ENTRY FEE:

\$100.00 BOYS \$100.00 GIRLS \$190.00 FOR BOTH \$15 FOR INDIVIDUAL

MAIL TO:

ALTUS HIGH SCHOOL 400 N. PARK AVE. ALTUS, OK. 73521 ATTN: ATHLETIC DEPT.

If you have any questions, please feel free to call Coach Robert Garrison (rgarrison@altusps.com) 580-481-0327, Athletic Director Randall Coffman (rcoffman@altusps.com) 580-481-2647 or contact Coach Matt Terry (mterry@altusps.com).

Sincerely,
The Altus High Track Coaching Staff

School: _____

Boys Division: _____ Girls Division: _____

Name of Head Coach _____ Phone # _____

Altus Invitational Track Meet Schedule of Events April 9th, 2020

Coaches Meeting: 8:30am Field Events: 9:00 am

**LJ, Shot Put and Discus will be 3 attempts, top 6 to finals and 3 more attempts.
High Jump- Boys, Girls**

Long Jump- Girls, Boys

Pole Vault- All Combined

Shot Put- Boys, Girls

Discus- Girls, Boys

**Timed Events: 9:30 AM all events will be Girls/Boys unless noted
400m Relay-**

3200 Relay

100m Hurdles

110m Hurdles

3200m Run

800m Relay

--proposed 20 minute break 800m Run

100m Dash

400m Run

300m Hurdles

200m Dash

400 Gravitational Challenge Relay (must be in weight event)(if time) 1600m Run

400 Coaches Relay (if interest)

1600 Relay