



## **Southern Oklahoma Invitational**

Duncan, Oklahoma  
2020

You are invited to the 2020 Southern Oklahoma Invitational on **Friday, April 10, 2020** at Duncan High School.

Please email or call Todd Ledford at 580-467-2741 [todd.ledford@duncanps.org](mailto:todd.ledford@duncanps.org) or Tim Buben at 580-470-5042 [tim.buben@duncanps.org](mailto:tim.buben@duncanps.org) if you plan on attending!

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries on enduro by completing steps 1-5 for “Roster Entries” meets. The entry deadline for this meet is Thursday, March 12 by 12:00pm. Log into you enduro account at [www.endurousa.com](http://www.endurousa.com).

Schools can run JV kids as long as they are listed as “B” teams. There is no additional charge for B teams

Entry fee is \$90 per team/\$170 if you bring both boys and girls. \$10.00 per individual entry. Make checks payable to Duncan Track and Field. Mail to: Duncan Athletic Department, PO Box 1548, Duncan OK, 73534.

<b>Coaches Meeting</b>	9:15am
<b>Start time</b>	10:00am
<b>Facilities</b>	Concession available
<b>Scoring</b>	Individual events 10,8,6,4,2,1 and relays 20,16,12,8,4,2
<b>Awards</b>	Medals given to top three per event and Championship trophy to each winning team. Championship batons will be awarded to each winning relay

There will be one varsity division for boys and girls.

Order of Events

Timed Finals

<b>400 meter relay</b>	<b>Girls Boys</b>
<b>3200 meter relay</b>	<b>Girls Boys</b>
<b>100m hurdles</b>	<b>Girls</b>
<b>110m hurdles</b>	<b>Boys</b>
<b>3200 meter run</b>	<b>Girls Boys</b>
<b>800m relay</b>	<b>Girls Boys</b>

Proposed Break

<b>800m run</b>	<b>Girls Boys</b>
<b>100m dash</b>	<b>Girls Boys</b>
<b>400m dash</b>	<b>Girls Boys</b>
<b>300m hurdles</b>	<b>Girls Boys</b>
<b>200m dash</b>	<b>Girls Boys</b>
<b>1600m run</b>	<b>Girls Boys</b>
<b>1600m relay</b>	<b>Girls Boys</b>

Field Events

<b>Pole Vault</b>	<b>Girls Boys</b>	
<b>Long Jump</b>	<b>Girls Boys</b>	<b>3 jumps in prelims, 3 jumps in finals</b>
<b>High Jump</b>	<b>Boys Girls</b>	
<b>Shot</b>	<b>Girls Boys</b>	<b>3 throws in prelims, 3 throws in finals</b>
<b>Discus</b>	<b>Boys Girls</b>	<b>3 throws in prelims, 3 throws in finals</b>