



Quanah Cox Invitational

Duncan, Oklahoma
2020

You are invited to the 2020 Quanah Cox Invitational on Friday, May 1, 2020 at Duncan High School.

!!!!!!This meet will run by the Regional Track Meet format - Prelims and Finals!!!!!!

Please email or call Todd Ledford at 580-467-2741 todd.ledford@duncanps.org or Tim Buben at 580-470-5042 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 Wednesday, April 28 by 12:00pm. Log into you enduro account at www.enduroussa.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.

Coaches Meeting	1:00 pm
Start time	1:30 pm
Facilities	Concession available
Scoring	Individual events 10,8,6,4,2,1 and relays 20,16,12,8,4,2
Awards	Medals given to top three per event and Championship trophy to each winning team.

There will be one varsity division for boys and girls.

Order of Events

400 Relay - Girls, Boys
3200 Relay - Girls, Boys (Final)
100 H. Hurdles - 33" Girls
110 H. Hurdles - 39" Boys
100 Dash - Girls, Boys
3200 Meter Run - Boys (Final)
800 Relay - Girls, Boys (Final)
3200 Meter Run - Girls (Final)
200 Meter Dash - Girls, Boys

Break for 30 minutes

400 Meter Relay - Girls, Boys
800 Meter Run - Girls, Boys
100 Meter High Hurdles - Girls
110 Meter High Hurdles - Boys
100 Meter Dash - Girls, Boys
400 Meter Dash - Girls, Boys
300 Meter Low Hurdles - Girls
300 Meter Int. Hurdles - Boys
200 Meter Dash - Girls, Boys
1600 Meter Run - Girls, Boys
1600 Meter Relay - Girls, Boys

Field Events

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