

Track Coaches:

We are holding our Konawa 7th and 8th Grade Invitational on Tuesday, April 7, 2020. The meet will start at 10:00 a.m. Please note that this meet is limited to Class 3A, 2A, and A schools only.

Entry Fees: \$75 per team (\$15 for individual competitors).

Medals: Awarded to the top five (5) finishers in each event.

Trophies: Awarded to winning team in each division.

Contestants: Each school may enter three contestants per event and one relay. Contestants may compete in only one division.

4 Divisions: 7th Grade Girls
7th Grade Boys
8th Grade Girls
8th Grade Boys

–Short Spikes–No Tape Please!

Timed Finals: All Events

Please let me know if you are planning to attend: gordongarner@konawa.k12.ok.us

Konawa High School
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Konawa, OK 74849

Gordon Garner

Girls Coach

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Leander Yellowfish

Boys Coach

School: 580-925-3244 ext. 350

Cell: 405-380-4623

leanderyellowfish@konawa.k12.ok.us

Running Events Begin at 10:00

400m Relay (7G, 8G, 7B, 8B)

3200m Relay (7G, 8G, 7 B, 8B)

100m Hurdles (7G, 8G) 30"

100m Hurdles (7B, 8B) 30" (Note all hurdles will be run at 100 meters)

800m Relay (7G, 8G)

800m Run (7G, 8G, 7B, 8B)

100m Dash (7G, 8G, 7B, 8B)

400m Dash (7G, 8G, 7B, 8B)

300m Hurdles (7G, 8G, 7B, 8B)

200m Dash (7G, 8G, 7B, 8B)

1600m Run (7G, 8G, 7B, 8B)

1600m Relay (7G, 8G, 7B, 8B)

Field Events Begin at 10:00

Shot (8G, 7G, 8B, 7B)

Discus (8B, 7B, 8G, 7G)

Long Jump (7G, 8G, 7B, 8B)

High Jump (7B, 8B, 7G, 8G)

NO POLE VAULT