

# Poteau High School Invitational

## Tuesday, March 24, 2020

Dear Coach,

On behalf of the Poteau High School, we wish to extend to you and your teams a sincere invitation to participate in our Invitational on **Tuesday, March, 24**. **This year's meet will be held at Heavener High School due to the construction that is currently taking place at Poteau High School.** The following will give you vital information concerning this meet. The coaches meeting will begin at 9:30 a.m. on the football field. Lunch will be provided **during the 3200 Meter Run** for all coaches. Field Events will begin at 10:00 a.m. & Running Events at 10:15 a.m.

**DIVISION:** This meet will consist of: High School boys & girls.

**TIME:** All teams should be ready to compete by **10:00 a.m.** Field events will start at **10:00 a.m.** Running events will start at **10:15 a.m.** (Timed Finals). Blocks will be furnished.

**ENTRY FEE:** The entry fee will be **\$90.00** for each team.

**AWARDS:** Trophies will be awarded to 1<sup>st</sup> & 2<sup>nd</sup> place in each division. Medals will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places.

**TEAM POINTS:** Awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>, (10, 8, 6, 4, 2) in individual events and relays double (20, 16, 12, 8, 4). Poteau will furnish starting blocks.

**LIMITATIONS:** Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws in the shot and discus, and Three (3) jumps in long jump and high jump. Top 8 to finals.

**NO TEAM TENTS OR TEAMS ON THE INFIELD**

**SHORT SPIKES ONLY & NO TAPE ON TRACK**

The Oklahoma Secondary Activities Association sanctions this meet and all National Federation rules will be followed. We hope that you and your teams can be with us for this track meet.

Sincerely,

Girls Track: Billy Bond (Head)  
Trevor Shankle

Boys Track: John Thompson (Head)  
Mike Odom

**If your school plans on attending this meet please contact Billy Bond by March 13, at: (918) 647-1939 or email at [bondb@poteau.k12.ok.us](mailto:bondb@poteau.k12.ok.us)**

# **Poteau Invitational Track Meet**

**March 24, 2020**

**Welcome to Poteau High School's Invitational Track Meet. The following is a list of the Timed Finals.**

## **Timed Final Meet**

<b>3200 Meter Relay</b>	<b>Girls</b>	<b>Boys (10:15 A.M.)</b>
<b>100 Meter Hurdles</b>	<b>Girls</b>	<b>33"</b>
<b>110 Meter Hurdles</b>	<b>39"</b>	<b>Boys</b>
<b>400 Meter Relay</b>	<b>Girls</b>	<b>Boys</b>
<b>3200 Meter Run</b>	<b>Girls</b>	<b>Boys</b>
<b>800 Meter Relay</b>	<b>Girls</b>	<b>Boys</b>
<b>800 Meter Run</b>	<b>Girls</b>	<b>Boys</b>
<b>100 Meter Dash</b>	<b>Girls</b>	<b>Boys</b>
<b>400 Meter Dash</b>	<b>Girls</b>	<b>Boys</b>
<b>300 Meter Hurdles</b>	<b>Girls</b>	<b>30"</b>
<b>300 Meter Hurdles</b>	<b>36"</b>	<b>Boys</b>
<b>200 Meter Dash</b>	<b>Girls</b>	<b>Boys</b>
<b>1600 Meter Run</b>	<b>Girls</b>	<b>Boys</b>
<b>1600 Meter Relay</b>	<b>Girls</b>	<b>Boys</b>

## **Field Events**

**Discus (H.S. Boys/ H.S. Girls)**  
**Long Jump (H.S. Boys/ H.S. Girls)**  
**Shot (H.S. Girls/ H.S. Boys)**  
**High Jump (H.S. Girls/ H.S. Boys)**

**Poteau Public Schools  
High School  
2020 Track Entry Form**

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**March 24, 2020**

**H.S. Boys \_\_\_\_\_ Cost: \$90**

**H.S. Girls \_\_\_\_\_ Cost: \$90**

**Reminder: Teams with 4 or less athletes  
will be charged \$15 per person.**

**Please return as soon as possible so we can  
begin preparing for this track meet.**

**School:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Method of Payment:**

**Send** \_\_\_\_\_

**Bring** \_\_\_\_\_

**Mail Payment to: Poteau Public Schools  
100 Mockingbird Lane  
Poteau, Ok 74953**