

Lawton Public Schools would like to extend an invitation to the Lawton High School Invitational Track Meet on Friday April 23 ${ }^{\text {rd }}, 2021$.

| Coaches Meeting: | 9:00 AM |
| :---: | :---: |
| Field Events: | 9:30 AM |
| Running Events: | 10:00 AM |
| Scoring: | Individual Events 10, 8, 6, 4, 2, 1 and relays 20, 16, 12, 8, 4, 2 |
| Awards: | Team trophies for Boys and Girls Champion and Runner-Up. |
|  | Individual Medals for $1^{\text {st }}-3^{\text {rd }}$. Relay Medals for $1^{\text {st }}-3^{\text {rd }}$. |
| Entry Fee: | \$80 per team/\$150 if you bring both boys and girls. |
|  | $\$ 10$ per individual entry if less than 4. JV is free if you bring your varsity. JV teams must be listed as " $B$ " teams. |
| Facilities: | Concessions available. Hospitality and Lunch provided for coaches |

Attention Coaches: ${ }^{* * *}$ All entries will be entered online, on the ENDURO USA website.
www.endurousa.com. This is a SEEDED ENTRY MEET, please read all the information below carefully. You must complete ALL the steps on our meet's "ENTRIES Window" - including the "VERIFICATION" step. If your team/school does not complete ALL STEPS - including the "VERIFICATION" step - then you have not completed the process to enter. Schools/Teams will NOT be entered manually by our timing crew at the meet.

Deadline for entry is Thursday, April $22^{\text {nd }}$ at $6: 00 \mathrm{pm}$. NO LATE ENTRIES WILL BE ACCEPTED

If you plan to attend this meet or if you have any questions please contact Ryan Breeze (580) 678-2575 rbreeze@lawtonps.org or Amber Bain (580) 741-0035 ajbain@lawtonps.org.

Please mail checks to: Lawton High School
Attn: Ryan Breeze
601 NW Fort Sill Blvd
Lawton, OK 73507


| 9:00 AM | Coaches Meeting |
| :---: | :---: |
| 9:30 AM | Field Events: |
|  | High Jump Boys/Girls |
|  | Long Jump Girls/Boys |
|  | Shot Put Girls/Boys |
|  | Discus Boys/Girls |
|  | Pole Vault Boys/Girls |
| 10:00 AM | Running Events |
|  | 400 Meter Relay |
|  | 3200 Meter Relay |
|  | 100 Meter Hurdles |
|  | 110 Meter Hurdles |
|  | 3200 Meter Run |
|  | 800 Meter Relay |
|  | ***Break*** |
|  | 800 Meter Run |
|  | 100 Meter Dash |
|  | 400 Meter Run |
|  | 300 Hurdles |
|  | 200 Meter Dash |
|  | 1600 Meter Run |
|  | ***Field Event Relay*** |
|  | 1600 Meter Relay |

