

Southern Oklahoma Invitational

Duncan, Oklahoma

2022

You are invited to the 2022 Quanah Cox Invitational on Friday, April 15, 2022 at Duncan High School.

ATTENTION COACHES:

This is a **SEEDED ENTRY MEET**, please read all the information below carefully.

COACHES:

- Log into your TrackRoster account at www.trackroster.com
- Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 - 5 for "Seeded Entries" meets.
- The entry deadline for this meet is Thursday April 14, 2021 at 6:00pm.

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. \$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	9:00 am
Start time	9:30 am
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.

The entry fee for the meet is \$90.00 per division. Please make checks payable to **Duncan High School Track and Field.**

Name of School _____

Coaches _____

Contact # _____

____ HS girls

____ HS boys

ORDER OF EVENTS

Field Events: 9:30am

Long Jump	Girls / Boys
High Jump	Boys / Girls
Pole Vault	Girls / Boys
Shot	Boys / Girls
Disc	Girls / Boys

Running Events: 9:30am

4x100m Relay Girls / Boys
4x800m Relay Girls / Boys
100m/110m Hurdles Girls / Boys
3200m Run Boys
4x200m Relay Girls Boys
800m Run Girls / Boys
100m Dash Girls / Boys
3200m Run Girls
400m Dash Boys / Girls
300m Hurdles Girls / Boys
200m Dash Girls / Boys
1600m Run Girls / Boys
4x400m Relay Girls / Boys