

# Quanah Cox Invitational

Duncan, Oklahoma

2022

You are invited to the 2022 Quanah Cox Invitational on Friday, April 29, 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](http://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 28, 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/\$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.

<b>Coaches Meeting</b>	1:00 pm
<b>Start time</b>	1:30 pm
<b>Facilities</b>	Concession available
<b>Scoring</b>	Individual events 10,8,6,4,2,1 and relays 20,16,12,8,4,2
<b>Awards</b>	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.**

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Name of School \_\_\_\_\_

Coaches \_\_\_\_\_

Contact # \_\_\_\_\_

\_\_\_\_ HS girls

\_\_\_\_ HS boys

# ORDER OF EVENTS

## Field Events: 1:30pm

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

## Running Events: 1:30pm

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