

Konawa 7th/8th Grade Invitational Track Meet

Konawa High School
701 W. South Street
Konawa, Ok 74849

Start Time: Coaches Meeting 9:00, Field events Start 9:30, and running events start at 10:00.
(Hospitality room will be provided)

Entry Fees: \$70 per team (\$15 for individual competitors).

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

Trophies: Awarded to the winning team in each division.

Contestants: Each school may enter three contestants per event and one relay.

Short Spikes- No Tape Please!!

Timed Finals

Please Let us know if you're planning to attend:

Gordon Garner

Girls Coach

School; 580-925-3244 (ext: 305)

gordongarner@konawa.k12.ok.us

Brian McCalip

Boys Coach

School: 580-925-3244 (ext: 322)

Cell: 405-229-6970

brianmccalip@konawa.k12.ok.us

Field Events - 10:00

Long Jump: 7B, 7G, 8B,8G

High Jump: 8G, 7G, 8B, 7B

Shot: 7B,8B,7G,8G

Discus: 7G,8G,7B,8B

Running Events- 10:30

400m Relay: 7G,8G, 7B, 8B

3200M Relay: 7G,8G, 7B,8B

100m Hurdles: 7G,8G

110m Hurdles: 7B,8B

800m Relay: 7G,8G,7B,8B

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