

# Konawa Invitational High School Track Meet(3A Down)

Konawa High School

701 W. South Street

Konawa, Ok 74849

April 21, 2022

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

**Entry Fees: \$80 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](mailto:gordongarner@konawa.k12.ok.us)

Brian McCalip

Boys Coach

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

Cell: 405-229-6970

[brianmccalip@konawa.k12.ok.us](mailto:brianmccalip@konawa.k12.ok.us)

## Running Events Begin at 10:00

400m Relay (G,B)

3200m Relay (G,B)

100m Hurdles (G)

110m Hurdles (B)

3200m Run (B)

800m Relay (G)

800m Run (G,B)

100m Dash (G,B)

3200m Run (G)

400m Dash (G,B)

300m Hurdles (G,B)

200m Dash (G,B)

1600m Run (G,B)

1600m Relay (G,B)

## Field Events Begin at 10:30

Shot (G,B)

Discus (G,B)

Long Jump (G,B)

High Jump (G,B)

No pole Vault