

Lindsay Leopard 7th and Jr. High Invitational

4/14/22

Dear Coach,

We would like to invite you to the **Lindsay Leopard Invitational** track and field meet. The meet will be **Thursday, April 14th**, with the coaches meeting beginning at 9:00 followed by the field events at 9:30 and the running events at 10:00. We have a 6 lane all weather surface and would ask that your athletes wear $\frac{1}{4}$ inch spikes. **Hospitality will be provided for all of your coaches.**

Divisions

7th girls, 7th boys, JH girls, JH boys

Entry Fees

\$75 per division or \$300 for all divisions. \$15 for individuals (4 or less). Please make checks payable to Lindsay Public School. You can mail checks to: Lindsay Public Schools, 800 W. Creek; Lindsay, OK 73052 or bring them to the meet.

Field Events 9:30

Long jump – boys/girls
High jump – girls /boys
Shot – boys/girls
Discus – girls/boys
No Pole Vault
girls/boys

Awards

Medals will be given to the top **six** places in each individual event and the top three relays. Team points will be kept, but no trophy will be given.

OSSAA rules will govern the meet.

girls/boys

Contacts

John Inman – Head boys coach (580) 272 – 4051 (cell)

Sam Hembree – Head girls coach (918) 949 – 8555 (cell)

Tom Ferguson – Athletic Director (405) 756 – 5744 (cell)

Running events 10:00

400 relay – girls/boys
3200 relay – girls/boys
100 hurdles – girls
110 hurdles - boys
100m dash –

800m relay – girls/boys
break
800m – girls/boys
400m - girls/boys
300 hurdles – girls/boys
200m – girls/boys
1600m – girls/boys
1600 relay –