

**ALTUS JUNIOR HIGH
RANDLE HAWKINS INVITATIONAL MEET
ALTUS ATHLETIC DEPARTMENT
RIDGECREST AND S. PARK LANE
580-481-2648**

Dear Girls and Boys Track Coach:

On Tuesday, March 28, 2023 Altus Junior High School will be hosting the Altus Junior High Invitational Track and Field Meet. There will be four divisions: 8th grade boys, 8th grade girls, 7th grade boys and 7th grade girls.

Trophies will be awarded to the Champions in each division. National Federation Rules for Track and Field will be used. Three athletes per event. You can run some JV runners, within reason. Medals will be given to the top 3 places in each event, in each division.

Please plan on attending our meet. We promise a great, fast paced meet.

Entry Fee: **\$100 Boys**
 \$100 Girls
 \$180.00 for two teams
 \$350.00 if you enter all divisions.

Mail to: **Altus High School, attn. Athletic Dept**
 400 N. Park Avenue
 Altus, Ok. 73521

If you have any questions, please feel free to call Coach Robert Garrison, work 580-481-2173, cell- 580-481-0327 or email rgarrison@altusps.com, or Coach Andy Bowers at abowers@altusps.com. You can also contact Athletic Director Randall Coffman at 580-481-2647 or rcoffman@altusps.com.

Sincerely,
The Altus Track Coaching Staff

School: _____
Divisions: _____ 8th Boys _____ 8th Girls, _____ 7th Boys _____, 7th Girls _____
Name of Head Coach: _____
Phone # in case of inclement weather: _____

**ALTUS JUNIOR HIGH RANDLE HAWKINS INVITATIONAL TRACK MEET
SCHEDULE OF EVENTS
TUESDAY, MARCH 28, 2023**

COACHES MEETING: 2:30 PM

FIELD EVENTS: 3:00 PM

HIGH JUMP-	7 BOYS, 8TH BOYS, 7 GIRLS, 8 GIRLS
LONG JUMP-	7 GIRLS, 8 GIRLS , 7 BOYS, 8 BOYS
SHOT PUT-	8 BOYS, 7 BOYS, 8 GIRLS, 7 GIRLS
DISCUS-	8 GIRLS, 7 GIRLS, 8 BOYS, 7 BOYS
POLE VAULT-	ALL DIVISIONS TOGETHER

LJ, SHOT AND DISCUS WILL BE 3 ATTEMPTS ONLY.

FINALS: 3:30 PM (7G, 8G, 7B, 8B unless otherwise noted)

400m Relay

3200m Relay

100m Hurdles (girls)

110m Hurdles (boys)

3200 Run- boys and girls together (one division of each)

800m Relay

800 Run

*****20 minute break if possible*****

100 Dash

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay

ENTRY FORMS OR INTENT TO ATTEND DUE BY APRIL 5, 2023.

PLEASE SEND TO RGARRISON@ALTUSPS.COM OR ANDY BOWERS

ABOWERS@ALTUSPS.COM OR FAX TO ROBERT GARRISON AT 580-481-2547