

**BOB HART INVITATIONAL
TRACK AND FIELD MEET
April 6th, 2023**

Dear Girls and Boys Track Coach,

On Thursday, April 6, 2023, Altus High School will be hosting the Bob Hart Invitational Track and Field Meet. This meet is held to honor longtime Altus track and field coach Bob Hart, who is also a member of the OTCA Hall of Fame. This year the meet will be 2 Divisions, boys and girls, not separated by class. If you wish to have any "B" team or JV runners, they will be placed in the last heats. We have a new six lane track.

Trophies will be awarded for the team Champion in each division. National Federation Rules for Track and Field will be used.

Please plan on attending our meet. We promise a fun, quickly run meet.

ENTRY FEE:

\$100.00 BOYS \$100.00 GIRLS \$190.00 FOR BOTH \$15 FOR INDIVIDUAL

MAIL TO:

ALTUS HIGH SCHOOL 400 N. PARK AVE. ALTUS, OK. 73521 ATTN: ATHLETIC DEPT.

If you have any questions, please feel free to call Coach Robert Garrison (rgarrison@altusps.com) 580-481-0327, Athletic Director Randall Coffman (rcoffman@altusps.com) 580-481-2647

Sincerely,
The Altus High Track Coaching Staff

School: _____

Boys Division: _____ Girls Division: _____

Name of Head Coach _____ Phone # _____

Bob Hart Invitational Track Meet Schedule of Events April 6, 2023

Coaches Meeting: 9:00am Field Events: 9:30 am

LJ, Shot Put and Discus will be 3 attempts, top 6 to finals and 3 more attempts.

High Jump- Boys, Girls

Long Jump- Girls, Boys

Pole Vault- All Combined

Shot Put- Boys, Girls

Discus- Girls, Boys

Timed Events: 10:00 AM all events will be Girls/Boys unless noted

400m Relay-

3200 Relay

100m Hurdles

110m Hurdles

3200m Run

800m Relay

--proposed 20 minute break

800m Run

100m Dash

400m Run

300m Hurdles

200m Dash

400 Gravitational Challenge Relay (must be in weight event)(if time)

1600m Run

1600 Relay