

Deer Creek-Lamont Invitational Track Meets 2023

Tuesday, April 18 – JH Boys and Girls (7th & 8th Grade Only)
\$70 per division; Individual fees are \$15 per athlete

Tuesday, April 18 – High School Boys and Girls
\$85 per division; Individual fees are \$20 per athlete

Wednesday, April 19 – 5th/6th Boys and Girls
\$60 per division; Individual fees are \$15 per athlete

ONLINE ENTRIES: the Entry DEADLINE for our meet is April 17th @ 6pm . All entries will be CLOSED at 6pm! **No late entries accepted.** ALL of the steps on our meet's "Entries Window" must be completed – including the VERIFICATION step. If your team/school does not complete **ALL STEPS** on our meet's "Entries Window" (including the VERIFICATION Step), it means your students are NOT ENTERED. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. **NO Exceptions.** For assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com

- Time:
- 9:00 a.m. – Coaches Meeting
 - 9:30 a.m. – Field Events Begin
 - 10:00 a.m. – Running Events Begin (Both meets are **TIMED FINALS**)
- Limitations:
- Each contestant is limited to 4 events, including relays
 - Each school is limited to 3 contestants per event. (*5 for 5th/6th*)
 - Each school is limited to 1 team per relay.
 - 3 throws will be allowed in Shot and Discus, and 3 attempts will be allowed in Long Jump. NO FINALS.
 - High Jump for all levels.
 - Pole Vault for JH and HS only.
- Awards:
- Medals will be given to the top three (3) places in each event.
- Team Points:
- 10-8-6-4-2-1 for individual events; 20-16-12-8-4-2 for relays.
- Equipment:
- DCLA has a 6-lane track and we use an automatic timing system. We request that short spikes (1/4) or flat shoes are worn on our track.
 - DCLA will furnish all starting blocks.
 - A concession stand will be in operation during both meets.
 - All tents must be kept outside of the cable and behind the bleachers.
- Contacts:
- If you have any questions, please call or text Colby Love @
DCLA High School: 580-388-4333 (school) or 580-628-7332 (cell)

PLEASE CALL OR TEXT TO GIVE US YOUR SCHOOL NAME AND CONTACT NUMBER IF YOU PLAN TO ATTEND.
We will contact all participating schools if bad weather forces cancellation.

Deer Creek-Lamont
JH/HS Invitational Track Meet
April 18, 2023

Schedule of Events

9:00 Coaches Meeting in Gym

9:30 Field Events

Pole Vault: HS Girls, HS Boys, JH Girls, JH Boys
Long Jump: JH Boys, JH Girls, HS Boys, HS Girls
High Jump: JH Girls, JH Boys, HS Girls, HS Boys
Shot Put: JH Boys, JH Girls, HS Boys, HS Girls
Discus: HS Boys, HS Girls, JH Girls, JH Boys

****Note: Long Jump, Shot Put, and Discus will have 3 attempts each.****

10:00 Running Events (Timed Finals)

400 Meter Relay JH Girls, JH Boys, HS Girls, HS Boys
3200 Meter Relay JH Girls, JH Boys, HS Girls, HS Boys
100 Meter Hurdles JH Girls, HS Girls
110 Meter Hurdles JH Boys, HS Boys
3200 Meter Run HS Boys
800 Meter Relay JH Girls, JH Boys, HS Girls, HS Boys
800 Meter Run JH Girls, JH Boys, HS Girls, HS Boys
100 Meter Dash JH Girls, JH Boys, HS Girls, HS Boys

----- **15 Minute Break** -----

3200 Meter Run HS Girls
400 Meter Dash JH Girls, JH Boys, HS Girls, HS Boys
300 Meter LH JH Girls, HS Girls
300 Meter IH JH Boys, HS Boys
200 Meter Dash JH Girls, JH Boys, HS Girls, HS Boys
1600 Meter Run JH Girls, JH Boys, HS Girls, HS Boys
1600 Meter Relay JH Girls, JH Boys, HS Girls, HS Boys

****Note: All Running Events Will Be Timed Finals.****

Deer Creek-Lamont
5th/6th Grade Track Meet
April 19, 2023

Schedule of Events

9:00 Coaches Meeting in Gym

9:30 Field Events

Long Jump: Boys, Girls
High Jump: Girls, Boys
Shot Put: Boys, Girls
Discus: Girls, Boys

****Note: Long Jump, Shot Put, and Discus will have 3 attempts each.****

10:00 Running Events (Timed Finals)

400 Meter Relay Girls, Boys
100 Meter Hurdles Girls, Boys
800 Meter Run Girls, Boys
100 Meter Dash Girls, Boys
400 Meter Dash Girls, Boys
800 Meter Relay Girls, Boys
1600 Meter Run Girls, Boys
200 Meter Dash Girls, Boys
1600 Meter Relay Girls, Boys

****Note: All Running Events Will Be Timed Finals.****