

Track Coaches:

We are holding our Konawa High School Invitational on Thursday, April 20, 2023. The meet will start at 10:00 a.m. Please note that this meet is limited to Class 3A, 2A, and A schools only. (Maximum of 20 schools).

**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:

**Lisa Norman**

**Girls Coach**

School: 580-925-3244 (ext 231)

Cell: 405-638-2707

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

**Jake Walker**

**Boys Coach**

School: 580-925-3244 ext. 433

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

### **Running Events**

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**

Shot (G, B)  
Discus (B, G)  
Long Jump (G, B)  
High Jump (B, G)  
NO POLE VAULT

Konawa High School  
701 W. South Street  
Konawa, OK 74849