



Lake Country Conference Championships

Saturday, April 22nd, 2023

LAKE COUNTRY CONFERENCE SCHOOLS ONLY

Coaches Meeting: 9:30 a.m. **Field Events:** 10:00 a.m. **Running Events:** 11:30 a.m.

Divisions: JH Girls (7-9), JH Boys (7-9), HS Girls (9-12), HS Boys (9-12). Coaches must declare freshman (9th graders) as either junior high **OR** high school. Each event will be limited to THREE (3) athletes and ONE (1) relay per school. Entries will be **seeded** and **preheated**.

Awards: Medals will be awarded to the first five (5) places in each event. Top six (6) in each event will score, 10-8-6-4-2-1, double for relays, 20-16-12-8-4-2.

Field Events: Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts.

Heating/Check-in: Check-in will be done at the the NORTHEAST corner of the track where athletes will enter the track as well.

Concession/Admission: The concession stand will be open. Admission will be charged for spectators. Restrooms are available.

Parking: Bus parking will be in the south parking lot by the BASEBALL FIELD. **ALL** team camps will be on the practice football field, **NO EXCEPTIONS!**

Inclement Weather/Questions:

Brett Weiberg, AD
(580) 795-3339

Cale Eidson, Head Track Coach
ceidson@madillok.com or (580) 380-1021

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a division for each student being entered. (This is a "Seeded Entries" meet.) The on-line ENTRY DEADLINE is the day before the meet @ 1:00pm. Log into your account at: www.endurousa.com * * * NO LATE ENTRIES * * * Schools who have not entered on-line will not be added at the meet. * * * If you have questions about your ENDURO USA account, please message Cara through your ENDURO USA account, or email him at: cara@runenduro.com

CONFERENCE WORKERS' SCHEDULE

HJ - Dickson

PV - Plainview

LJ - Sulphur

Shot - Marietta

Discus - Lone Grove

Exchange 1 - Byng/Tishomingo

Exchange 2 - Comanche/Madill

Exchange 3 - Kingston/Madill

**SCHOOLS ASSIGNED TO EXCHANGE ZONES WILL ALSO HELP SET
HURDLES**

**ALL TEAM CAMPS WILL BE ON THE PRACTICE FIELD, NO
EXCEPTIONS!**

**WARM-UPS WILL BE ON THE PRACTICE FIELD, HURDLES WILL BE
PROVIDED**

ORDER OF EVENTS

Field Events: 10:00 a.m. Running Events: 11:30 a.m.

FIELD EVENTS

Shot Put - HSG, HSB, JHG, JHB
Discus - HSB, HSG, JHB, JHG
High Jump - HSB, HSG, JHB, JHG
Long Jump - HSG, HSB, JHG, JHB
Pole Vault - HSG, HSB, JHG, JHB

RUNNING EVENTS

4x100 - JHG, JHB, HSG, HSB
4x800 - JHG, JHB, HSG, HSB
100H - JHG, HSG
110H - JHB, HSB
3200m - JHG, JHB, HSG, HSB
4x200 - JHG, JHB, HSG, HSB
800m - JHG, JHB, HSG, HSB
100m - JHG, JHB, HSG, HSB
400m - JHG, JHB, HSG, HSB
300H - JHG, JHB, HSG, HSB
200m - JHG, JHB, HSG, HSB
1600m - JHG, JHB, HSG, HSB
4x400m - JHG, JHB, HSG, HSB