

# **Lindsay Leopard 7<sup>th</sup> and Jr. High Invitational**

## **4/12/23**

Dear Coach,

We would like to invite you to the **Lindsay Leopard Invitational** track and field meet. The meet will be **Wednesday, April 12th**, with the coaches meeting beginning at 9:00 followed by the field events at 9:30 and the running events at 10:00. We have a 6 lane all weather surface and would ask that your athletes wear ¼ inch spikes. **Hospitality will be provided for all of your coaches.**

### **Divisions**

7<sup>th</sup> girls, 7<sup>th</sup> boys, JH girls, JH boys

### **Entry Fees**

\$75 per division or \$300 for all divisions. \$15 for individuals (4 or less).

Please make checks payable to Lindsay Public School. You can mail checks to: Lindsay Public Schools, 800 W. Creek; Lindsay, OK 73052 or bring them to the meet.

### **Field Events 9:30**

Long jump – boys/girls

High jump – girls /boys

Shot – boys/girls

Discus – girls/boys

**No Pole Vault**

### **Awards**

Medals will be given to the top **six** places in each individual event and the top three relays.

Team points will be kept, but no trophy will be given.

**OSSAA rules will govern the meet.**

### **Running events 10:00**

400 relay – girls/boys

3200 relay – girls/boys

100 hurdles – girls

110 hurdles - boys

100m dash – girls/boys

800m relay – girls/boys  
break

800m – girls/boys

400m - girls/boys

300 hurdles – girls/boys

200m – girls/boys

1600m – girls/boys

1600 relay – girls/boys

### **Contacts**

Jake Offolter – Head boys coach (405) 245-4622 (cell)

Miranda Edwards – Head girls coach (405) 313-2163 (cell)

Tom Ferguson – Athletic Director (405) 756 – 5744 (cell)