

Quanah Cox Relays

Duncan, Oklahoma
2024

You are invited to the 2024 Quanah Cox Relays on Friday, April 26, 2024 at Duncan High School.

ATTENTION COACHES: This is a seeded meet, the ON-Line entry **DEADLINE is :Thursday, April 11th @ 12:00pm. The meet will be closed at 12:00pm. NO LATE ENTRIES ACCEPTED.**

Schools planning to attend must submit their entries on the endurouosa website by completing all the necessary steps on the “**ENTRIES WINDOW**” - including the “**VERIFICATION STEP**” if the “**VERIFICATION STEP**” is not completed, your students are not entered into the meet. If your team does not complete all the necessary steps, your team cannot be entered manually at the meet. **NO EXCEPTIONS.** Please log into your enduro account at: www.endurouosa.com. If you need assistance with your enduro account, contact Todd Ledford at 580-467-2741 or todd.ledford@duncanps.org

- The entry deadline for this meet is Thursday April 25, 2024 at 12:00pm.

Schools can run JV kids as long as they are listed as “B” teams. There is no additional charge for B teams

Entry fee is \$100 per team/\$200 if you bring both boys and girls. \$15.00 per individual entry. Make checks payable to Duncan Track and Field. Mail to: Duncan Athletic Department, PO Box 1548, Duncan OK, 73534.

Coaches Meeting	1:00 pm
Start time	1:30 pm
Facilities	Concession available
Scoring	Individual events 10,8,6,5,4,3,2,1 and relays 20,16,12,10,8,6,4,2
Awards	Medals given to top three per event and Championship trophy to each winning team.

There will be one varsity division for boys and girls.

The entry fee for the meet is \$100.00 per division. Please make checks payable to **Duncan High School Track and Field.**

Name of School _____

Coaches _____

Contact # _____

____ HS girls ____ HS boys



ORDER OF EVENTS

Field Events: 1:30pm

Long Jump	Girls / Boys
High Jump	Boys / Girls
Pole Vault	Girls / Boys
Shot	Boys / Girls
Disc	Girls / Boys

Running Events: 1:30pm

4x100m Relay Girls / Boys
4x800m Relay Girls / Boys
100m/110m Hurdles Girls / Boys
3200m Run Boys
4x200m Relay Girls Boys
800m Run Girls / Boys
100m Dash Girls / Boys
3200m Run Girls
400m Dash Girls / Boys
300m Hurdles Girls / Boys
200m Dash Girls / Boys
1600m Run Girls / Boys
4x400m Relay Girls / Boys