



Lake Country Conference Championships

Saturday, April 20th, 2024

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 EAST corner of the track by the goal post.

Warm-ups: Warm-ups will be done on the practice field.

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

Parking: Bus parking will be in the Armory parking lot located across the street from practice field. ALL team camps will be outside the fence of the track, NO EXCEPTIONS!

Inclement Weather/Questions:

Corey Cole, Athletic Director

(580) 618- 5847

Clete Cole, High School Principal

(580) 618- 2254

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.enduroussa.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 – Marietta

Shot- Madill

Discus- Kingston

Exchange 1- Sulphur/Marietta

Exchange 2- Byng / Lone Grove

Exchange 3- Dickson/ Plainview

Hurdles- Sulphur

Break in line- Sulphur

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 10:00 A.M.

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 11:30 A.M.

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