Deer Creek-Lamont
Invitational Track Meets 2025

Go to www.athletic.com to register.

Thursday, April 10th – JH Boys and Girls (7th & 8th Grade Only)
$75 per division; Individual fees are $15 per athlete

Thursday, April 10th – High School Boys and Girls
$85 per division; Individual fees are $20 per athlete

Wednesday, April 23rd – 5th/6th Boys and Girls
$60 per division; Individual fees are $15 per athlete

Time:
- 9:00 a.m. – Coaches Meeting
- 9:30 a.m. – Field Events Begin
- 10:00 a.m. – Running Events Begin

BOTH MEETS ARE TIMED FINALS

Limitations:
- Each contestant is limited to 4 events, including relays
- Each school is limited to 3 contestants per event. *(5 for 5th/6th)*
- Each school is limited to 1 team per relay.
- Four throws will be allowed in Shot and Discus, and 4 attempts will be allowed in Long Jump. NO FINALS.
- High Jump for all levels.
- Pole Vault for JH and HS only.

Awards:
- Medals will be given to the top three (3) places in each event.

Team Points:
- 10-8-6-4-2-1 for individual events; 20-16-12-8-4-2 for relays.

Equipment:
- DCLA has a 6-lane track and we use an automatic timing system. We request that short spikes (1/4) or flat shoes are worn on our track.
- DCLA will furnish all starting blocks.
- A concession stand will be in operation during both meets.
- All participants must keep tents outside of the cable and behind the bleachers.

Contacts:
- If you have any questions, please call or text Dale Bledsoe @ DCLA High School: 580-388-4333 (school) or 918-863-7788 (cell)

PLEASE CALL OR TEXT TO GIVE US YOUR SCHOOL NAME AND CONTACT NUMBER IF YOU PLAN TO ATTEND.
We will contact all participating schools if bad weather forces cancellation.

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April 10, 2025

Schedule of Events

9:00 Coaches Meeting in Gym

9:30 Field Events

Pole Vault:	HS Girls, HS Boys, JH Girls, JH Boys
Long Jump:	JH Boys, JH Girls, HS Boys, HS Girls
High Jump:	JH Girls, JH Boys, HS Girls, HS Boys
Shot Put:	JH Boys, JH Girls, HS Boys, HS Girls
Discus:	HS Boys, HS Girls, JH Girls, JH Boys

****Note: Long Jump, Shot Put, and Discus will have **3** attempts each.****

10:00 Running Events

400 Meter Relay	JH Girls, JH Boys, HS Girls, HS Boys
3200 Meter Relay	JH Girls, JH Boys, HS Girls, HS Boys
100 Meter Hurdles	JH Girls, HS Girls
110 Meter Hurdles	JH Boys, HS Boys
3200 Meter Run	HS Boys
800 Meter Relay	JH Girls, JH Boys, HS Girls, HS Boys
800 Meter Run	JH Girls, JH Boys, HS Girls, HS Boys
100 Meter Dash	JH Girls, JH Boys, HS Girls, HS Boys

---------- 15 Minute Break ----------

3200 Meter Run	HS Girls
400 Meter Dash	JH Girls, JH Boys, HS Girls, HS Boys
300 Meter LH	JH Girls, HS Girls
300 Meter IH	JH Boys, HS Boys
200 Meter Dash	JH Girls, JH Boys, HS Girls, HS Boys
1600 Meter Run	JH Girls, JH Boys, HS Girls, HS Boys
1600 Meter Relay	JH Girls, JH Boys, HS Girls, HS Boys

****Note: All Running Events Will Be Timed Finals.****

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5th/6th Grade Track Meet
April 23, 2025

Schedule of Events

9:00 Coaches Meeting in Gym

9:30 Field Events

Long Jump:	Boys, Girls
High Jump:	Girls, Boys
Shot Put:	Boys, Girls
Discus:	Girls, Boys

****Note: Long Jump, Shot Put, and Discus will have **3** attempts each.****

10:00 Running Events

400 Meter Relay	Girls, Boys
100 Meter Hurdles	Girls, Boys
800 Meter Run	Girls, Boys
100 Meter Dash	Girls, Boys
400 Meter Dash	Girls, Boys
800 Meter Relay	Girls, Boys
1600 Meter Run	Girls, Boys
200 Meter Dash	Girls, Boys
1600 Meter Relay	Girls, Boys

****Note: All Running Events Will Be Timed Finals.****