

Southern Oklahoma Invitational

Duncan, Oklahoma

2025

You are invited to the 2024 Southern Oklahoma Invitational on Friday, April 11, 2025 at Duncan High School.

ATTENTION COACHES: This is a seeded meet, the ON-Line entry **DEADLINE is :Thursday, April 10th @ 12:00pm. The meet will be closed at 12:00pm. NO LATE ENTRIES ACCEPTED.**

Schools planning to attend must submit their entries on the Athletic.net website. If you need assistance with your athletic.net account, contact Todd Ledford at 580-467-2741 or todd.ledford@duncanps.org

Register athletes for the Southern Oklahoma Invitational

- Locate Southern Oklahoma Invitational on your team's main Track & Field page and click on the meet name.
 - Click "Register Athletes"
 - Click on an event name, or athlete name to begin registering
 - Choose the correct division to enter athlete in
 - Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
 - Use the "Add an Athlete" buttons to add athletes to your roster if needed.
 - For additional information follow the link below
 - <https://www.athletic.net/Help/Track.aspx?Meet=572678>
- **The entry deadline for this meet is Thursday April 10, 2025 at 12:00pm.**

Entry fee is \$100 per team. \$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	9:00 am
Start time	9:30 am
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: 9:30am

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

Running Events: 10:00am

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
Break for Lunch
3200m Run Girls
400m Dash Girls / Boys
300m Hurdles Girls / Boys
200m Dash Girls / Boys
1600m Run Girls / Boys
4x400m Relay Girls / Boys