



Lake Country Conference Championships

Saturday, April 26th, 2025

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 on the football field

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

Parking: Bus parking will be on the south side of the football stadium by the BASEBALL FIELD. No camps will be allowed on the football field or track oval , NO EXCEPTIONS!

Inclement Weather/Questions: Tanica Anderson, Head Track Coach/AD (580) 276-6484
tanderson@mariettaisd.org

ONLINE ENTRIES: The On-line Entry DEADLINE is **Friday, April 25th @ 1pm**. Schools planning to attend must submit their entries on the **Athletic.Net website**(This is a "Seeded Entries" meet.). If you need assistance with your account, contact Cara at:
cara@runenduro.com

CONFERENCE WORKERS' SCHEDULE

HJ - Dickson

PV - Plainview

LJ - Marietta

Shot - Lone Grove

Discus - Madill

Exchange 1 - Byng

Exchange 2 - Sulphur

Exchange 3 - Kingston

SCHOOLS ASSIGNED TO EXCHANGE ZONES WILL ALSO HELP SET HURDLES

ALL TEAM CAMPS WILL BE OUTSIDE THE OVAL, NO EXCEPTIONS!

WARM-UPS WILL BE ON THE BASEBALL FIELD, HURDLES WILL BE PROVIDED

ORDER OF EVENTS

Field Events: 10:00 a.m.

Running Events: 11:30 a.m.

FIELD EVENTS

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

4x100 Relay - JHG, JHB, HSG, HSB
4x800 Relay - JHG, JHB, HSG, HSB
100 Hurdles - JHG, HSG
110 Hurdles - JHB, HSB
3200m Run - JHG, JHB, HSG, HSB
4x200 Relay - JHG, JHB, HSG, HSB
800m Run - JHG, JHB, HSG, HSB
100m Dash - JHG, JHB, HSG, HSB
400m Dash - JHG, JHB, HSG, HSB
300 Hurdles - JHG, JHB, HSG, HSB
200m Dash - JHG, JHB, HSG, HSB
1600m Run - JHG, JHB, HSG, HSB
4x400 Relay - JHG, JHB, HSG, HSB