

**Deer Creek-Lamont**  
**Invitational Track Meets 2026**

Go to [www.athletic.com](http://www.athletic.com) to register.

**Friday, April 10th** – JH Boys and Girls (7<sup>th</sup> & 8<sup>th</sup> Grade Only)

\$75 per division; Individual fees are \$15 per athlete

**Friday, April 10th** – High School Boys and Girls

\$85 per division; Individual fees are \$20 per athlete

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- 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.
  - 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, 2026**

**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:	HS Boys, HS Girls, JH Boys, JH Girls
Shot Put:	JH Girls, JH Boys, HS Girls, HS Boys
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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