

**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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