



Lake Country Conference Championships
Saturday, April 25th, 2026

LAKE COUNTRY CONFERENCE SCHOOLS ONLY

Coaches Meeting: 9:00 a.m. **Field Events:** 9:30 a.m. **Running Events:** 10:00 a.m.

Divisions: JH Girls (6-8), JH Boys (6-8), HS Girls (9-12), HS Boys (9-12). Each event will be limited to THREE (3) athletes and ONE (1) relay per school. Each athlete is limited to FOUR (4) events. Entries will be **seeded** and **preheated**.

Awards: Medals will be awarded to the first three (3) 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 at the starting line of each event.

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

Parking: Bus parking will be in the south parking lot by the BASEBALL FIELD. **ALL** team camps will be on the practice football field, **NO EXCEPTIONS!**

Inclement Weather/Questions:

Ron Norman, AD
(580) 795-3339

Cale Eidson, Head Track Coach
ceidson@madillok.com or (580) 380-1021

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the athletic.net website. (This is a "**Seeded Entries**" meet.) The online **ENTRY DEADLINE** is the day before the meet @ 5:00 p.m. **NO LATE ENTRIES** If you have questions, please message Cara through her email at: cara@runenduro.com.

CONFERENCE WORKERS' SCHEDULE

HJ - Plainview PV - Dickson LJ - Marietta

Shot - Kingston Discus - Lone Grove

Exchange 1 - Byng

Exchange 2 - Madill

Exchange 3 - Sulphur

**SCHOOLS ASSIGNED TO EXCHANGE ZONES WILL ALSO HELP SET
HURDLES**

**ALL TEAM CAMPS WILL BE ON THE PRACTICE FIELD, NO
EXCEPTIONS!**

**WARM-UPS WILL BE ON THE PRACTICE FIELD, HURDLES WILL BE
PROVIDED**

ORDER OF EVENTS

Field Events: 9:30 a.m.

Running Events: 10:00 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 - JHG, JHB, HSG, HSB

4x800 - JHG, JHB, HSG, HSB

100H - JHG, HSG

110H - JHB, HSB

3200m - JHG, JHB, HSG, HSB

4x200 - JHG, JHB, HSG, HSB

800m - JHG, JHB, HSG, HSB

100m - JHG, JHB, HSG, HSB

400m - JHG, JHB, HSG, HSB

300H - JHG, JHB, HSG, HSB

200m - JHG, JHB, HSG, HSB

1600m - JHG, JHB, HSG, HSB

4x400m - JHG, JHB, HSG, HSB