

CATOOSA 3A BELOW TRACK CLASSIC
SATURDAY APRIL 23, 2011

On behalf of the Catoosa Public school system, we extend to you and your teams a sincere invitation to participate in our 3A below HS Boys and Girls Track & Field meet. We have a 7 Lane track All-weather surface in its 3rd year. We are very excited about hosting our first 3A Below track meet. The following will give you the information you need for the meet. This will be Preliminaries and finals meet Regional Format.

FIELD EVENTS: (I NEED ALL FIELD EVENT ENTRIES ONLY, SENT TO ME BY EMAIL OR FAXED TO ME ASAP, FIRST AND LAST NAMES) BY WEDNESDAY APRIL 20TH. THE FAX NUMBER IS 266-8651

Entry Fee: \$80.00 per team for each Boys and Girls Teams. \$12.00 per individual if less than four (4) members on a team. **NO REFUNDS.** If you bring B teams it will cost another \$60.00 per team. Make checks payable to Catoosa HS.

Time: All teams report to Catoosa Football Field by 9:00 am for Coaches Meeting. Field events will start at 9:30 am running events at 10:00 am. There will be preliminaries and finals in the LJ, Shot, and Discus and we will take 8 to the finals. There will preliminaries and finals in all running events just like the Regional we will take 7 to the finals.

Limintations: You may enter 3 individuals in an event and one relay team.

Divisions: There will be two (2) divisions: Boys and Girls

Medals: Awarded to 1st, 2nd, and 3rd places in all events.

Trophies: Awarded to 1st place teams only, in all divisions.

Team Points: Awarded to 1st thru 6th places (10-8-6-4-2-1) in Individual events and in relays (20-16-12-8-4-2).

Equipment: Catoosa will furnish all starting blocks to contestants. 1/4 " or shorter spikes are required.

OSSAA RULES APPLY

There will be a coach's feed after the 200 dash at the end of the Preliminaries. We hope that you and your teams can be with us for this track meet.

Mike Mobra Head Boys Track Coach
Hager McClain Head Girls Track Coach
Email Address: mmobra@catoosa.k12.ok.us
Coaches Office Phone (918-266-8619)
Home phone (918-346-2975)
Fax: (918-266-8651)

CATOOSA 3A BELOW TRACK CLASSIC**FIELD EVENTS**

| | | |
|----------------|-------------------|-------------------|
| 9:30 am | High Jump | Boys-Girls |
| | Long Jump | Girls-Boys |
| | Shot | Boys-Girls |
| | Discus | Girls-Boys |
| | Pole Vault | Boys-Girls |

PRELIMINARIES

| | | | |
|-----------------|--------------------------|-------------------|----------------|
| 10:00 am | 400 Relay | Girls-Boys | |
| | 3200 Relay | Girls-Boys | (Final) |
| | 100 Hurdles (33") | Girls | |
| | 110 Hurdles (39") | Boys | |
| | 100 Dash | Girls-Boys | |
| | 3200 Run | Boys | (Final) |
| | 800 Relay | Girls | (Final) |
| | 3200 Run | Girls | (Final) |
| | 200 Dash | Boys-Girls | |

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|------------------------|------------------------|------------------------|------------------------|
| 45 minute Break | 45 minute Break | 45 minute Break | 45 minute Break |
|------------------------|------------------------|------------------------|------------------------|

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|---------------|--------------------------|-------------------|
| FINALS | 400 Relay | Girls-Boys |
| | 800 Run | Girls-Boys |
| | 100 Hurdles (33") | Girls |
| | 110 Hurdles (39") | Boys |
| | 100 Dash | Girls-Boys |
| | 400 Dash | Girls-Boys |
| | 300 Hurdles (30") | Girls |
| | 300 Hurdles (36") | Boys |
| | 200 Dash | Girls-Boys |
| | 1600 Run | Girls-Boys |
| | 1600 Relay | Girls-Boys |