



# CACHE 7<sup>TH</sup> & JUNIOR HIGH SCHOOL



## Boys and Girls Invitational Track Meet Tuesday, March 31st, 2015

Date: Tuesday, March 31st, 2015

Time: Coaches Meeting 9:00 am, Field Events 9:30 am, Running Events 10:00 am

Entry Fee: \$60.00 per division. \$10.00 an individual

Divisions: There will be four (4) divisions: 7<sup>th</sup> boys, JH boys, 7<sup>th</sup> girls, JH girls

Limitations: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) in each relay. Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

Awards: Medals will be awarded to the top five (5) in each event. No Team Plaques.

Team Points: Individual events: 10-8-6-4-2-1 and Relays 20-16-12-8-4-2

**IMPORTANT:** Schools planning to attend this meet must submit their entries at [www.enduroentries.com](http://www.enduroentries.com) (TrackRoster) by completing Steps 1-5. The entry deadline for this meet is March 30, 2015 at 9:00 pm. Late entries will not be accepted. Teams that have not entered on-line will not be added at the meet. --- [www.enduroentries.com](http://www.enduroentries.com)

If you Plan to attend this meet, you must notify Lonnie Nunley at (580) 512-4710 or

[lnunley@cache.k12.ok.us](mailto:lnunley@cache.k12.ok.us)



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Entry fee           \$ 60.00 7<sup>th</sup> Boys  
                          \$ 60.00 7<sup>th</sup> Girls  
                          \$ 60.00 JH Boys  
                          \$ 60.00 JH Girls  
                          \$ 10.00 Individual

Mail to:             Cache High School  
                          C/O: Lonnie Nunley  
                          102 E H Street  
                          Cache, OK 73527

School \_\_\_\_\_

Coaches \_\_\_\_\_

7<sup>th</sup> Boys Division \_\_\_\_\_

7<sup>th</sup> Girls Division \_\_\_\_\_

JH Boys Division \_\_\_\_\_

JH Girls Division \_\_\_\_\_



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### Order of Events

#### Field Events: (9:30 am)

Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

Shot Put	7B, JHB, 7G, JHG
Discus	7G, JHG, 7B, JHB
Long Jump	7G, JHG, 7B, JHB
High Jump	7B, JHB, 7G, JHG
Pole Vault	7B, JHB, 7G, JHG

#### TIMED FINALS

400 Relay	7G, JHG, 7B, JHB
3200 Relay	7G, JHG, 7B, JHB
100 Hurdles	7G, JHG
110 Hurdles	7B, JHB
3200 Meter Run	JHG, JHB
800 Relay	7G, JHG, 7B, JHB
800 Run	7G, JHG, 7B, JHB
100 Dash	7G, JHG, 7B, JHB
400 Dash	7G, JHG, 7B, JHB
300 Hurdles	7G, JHG, 7B, JHB
200 Dash	7G, JHG, 7B, JHB
1600 Run	7G, JHG, 7B, JHB
1600 Relay	7G, JHG, 7B, JHB