

CATOOSA TRACK CLASSIC

FRIDAY APRIL 10TH 2015

On behalf of the Catoosa Public School system, we would like extend to you and your teams an invitation to participate in our Track Classic, This will be a **5A and below meet**. We have a brand new track facility, That we are very excited to show off. The following will give you the information you need for the meet. This meet will be a Time final meet, except for 3 events. Preliminaries will be ran in the 100, 200, and the 400 Relay. **(6A TEAMS MAY ENTER, BUT YOU CAN ONLY ENTER JV TEAMS)**

Schools planning to attend this meet must submit their entries on Trackroster.com by completing steps 1-5 "roster entry" meet. Cutoff date is April 9th Thursday.

ENTRY FEE: \$100.00 per Boys team and \$100.00 per Girls team. If you have less than 4 it will be 12.00 per individual. You may have B teams at no charge, Make checks out to Catoosa HS

Address: Attn: Mike Mobra Catoosa HS 2000 So Cherokee Catoosa OK 74015

TIME: All teams report to Catoosa Football Field by 2:00 pm for Coaches Meeting. Field events at 2:30 pm Running Events will start at 2:30 pm. There will be Preliminaries and Finals in the LJ, Shot, and Discus we will take 8 to the finals, same for the running events.

LIMINATIONS: You may enter 3 individuals in an event and 1 Relay team. There will be 2 divisions Boys and Girls.

MEDALS AND TROPHIES: Will be awarded to 1st thru 3rd in all events. 1st place Trophy in each division.

TEAM POINTS: Individual events 10-8-6-4-2-1 Relays Double. Blocks will be provided and you must wear 1/4" spikes or smaller. OSSAA RULES APPLY

There will be a coaches feed, hope to see you at The Catoosa Track Classic.

Contact: Mike Mobra Head Boys Coach 918-346-2975 mmobra@catoosa.k12.ok.us
Hager McClain Head Girls Coach 918-266-8619 hmcclain@catoosa.k12.ok.us

FIELD EVENTS:

2:30 pm	Shot	Boys-Girls
	Discus	Girls-Boys
	Long Jump	Girls-Boys
	High Jump	Boys-Girls
	Pole Vault	Boys-Girls

RUNNING EVENTS:

2:30 pm	400 Relay	Girls-Boys (Preliminaries)
	3200 Relay	Girls-Boys (FINAL)
	100 Hurdles (33")	Girls (FINAL)
	110 Hurdles (39")	Boys (FINAL)
	100 m Dash	Girls-Boys (Preliminaries)
	3200 run	Girls (FINAL)
	800 Relay	Girls-Boys (FINAL)
	3200 run	Boys (FINAL)
	200 m Dash	Girls-Boys (Preliminaries)

45 minute Break

45 minute Break

45 minute Break

FINALS:

400 Relay	Girls-Boys
800 run	Girls-Boys
100 m Dash	Girls-Boys
400 Dash	Girls-Boys
300 Hurdles (30")	Girls
300 Hurdles (36")	Boys
200 m Dash	Girls-Boys
1600 run	Girls-Boys
1600 Relay	Girls-Boys