

Catoosa 3A below Track Classic

Friday April 24th 2015

On behalf of the Catoosa Public school system, we would like to extend to you and your teams an invitation to participate in our 3A below track Classic. We have a brand new 8 lane all weather track. We are very excited about hosting our fourth annual 3A below Track meet. This will be a Preliminary and Finals meet Regional Format.

Schools planning to attend this meet must submit their entries on Trackroster.com by completing steps 1-5 for "seeded entries" meet the cutoff date is April 23rd Thursday

ENTRY FEE: \$85.00 per team for each boys and girls teams, \$12.00 per individual if you have less than 4 individuals. NO REFUNDS and Make checks payable to Catoosa HS.

ADDRESS: attn: Mike Mobra Catoosa HS 2000 South Cherokee Catoosa OK 74015

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

LIMITATIONS: You may enter 3 in event and 1 relay team. There will be 2 divisions boys and girls.

MEDALS AND TROPHIES: Awarded to 1st thru 3rd places in all events. Trophies will be awarded to 1st place teams in each division.

**TEAM POINTS AND EQUIPMENT: Awarded to 1st thru 6th places 10-8-6-4-2-1 and double Relays. Starting blocks will be furnished and please wear 1/4" spikes or smaller. OSSAA RULES APPLY
There will be a coaches feed after the preliminaries. We hope that you can be with us for this meet.**

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

FIELD EVENTS:

2:30 pm

**Shot
Discus
Long Jump
High Jump
Pole Vault**

**boys-girls
girls-boys
boys-girls
girls-boys
boys-girls**

PRELIMINARIES:

2:30 pm

**400 Relay
3200 Relay
100 Hurdles (33")
110 Hurdles (39")
100 m dash
3200 run
800 Relay
3200 run
200 m dash**

**girls-boys
girls-boys (Final)
girls
boys
girls-boys
boys (Final)
girls-boys (Final)
girls (Final)
girls-boys**

45 minute break

45 minute break

45 minute break

FINALS:

**400 Relay
800 run
100 Hurdles (33")
110 Hurdles (39")
100 m dash
400 dash
300 Hurdles (30")
300 Hurdles (36")
200 m dash
1600 run
1600 Relay**

**girls-boys
girls-boys
girls
boys
girls-boys
girls-boys
girls
boys
girls-boys
girls-boys
girls-boys**