



## OWASSO HIGH SCHOOL TRACK INVITATIONAL

Friday March 6<sup>th</sup>, 2015

The following will give you the information you need for the meet. This will be a time final meet.

SCHOOLS PLANNING TO ATTEND THIS MEET MUST SUBMIT THEIR ENTRIES ON TRACKROSTER BY COMPLETING STEPS 1-5 FOR ROSTER ENTRY+MEET. **THE CUTOFF DATE IS TUESDAY, March 3<sup>rd</sup>.**

- TEAMS: *This meet will be limited to the first 7 schools to call and confirm.*
- TIME: All teams report to HS Track by 9:00am for coaches meeting. Field events will start at 9:30am and running events will start at 10:00am.
- DIVISIONS: There will be 2 divisions: HS Boys / HS Girls
- ENTRY FEE: \$100.00 for EACH division. HS Girls \$100, HS Boys \$100
- LIMITATION: You may enter 3 individuals in an event and 1 relay team.
- HEATING: All athletes will need to check in at the heating benches before their race.
- LIMITATIONS: Short (1/4) spikes. You may only have 3 athletes per event, and 1 athlete may enter only 4 events. You can only have 1 relay team per school.
- TEAM POINTS & AWARDS: 10-8-6-4-2-1 / 20-16-12-8-4-2 (Relays). Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place. Team Trophy for 1<sup>st</sup> & 2<sup>nd</sup> place
- LUNCH: We will feed all coaches lunch, but we will not be taking a break. Please let us know if you will be attending and how many coaches will be eating.

ALL OSSAA RULES APPLY

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9:30 Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys (discus is east of the track behind the baseball field)
Shot	Boys, Girls

10:00 Running Events Time Finals in ALL EVENTS

400m Relay	Girls	Boys
3200m Relay	Girls	Boys
100m Hurdles		Girls
110m Hurdles		Boys
100m Dash	Girls	Boys
800m Relay	Girls	Boys
3200m Run	Girls	Boys
300m Hurdles	Girls	Boys
800m Run	Girls	Boys
400m Dash	Girls	Boys
200m Dash	Girls	Boys
1600m Run	Girls	Boys
1600m Relay	Girls	Boys

