



**CATOOSA JR HIGH TRACK CLASSIC
7TH-8TH BOYS AND GIRLS
MONDAY APRIL 4TH 2016**



On behalf of the Catoosa public school system we extend to you and your Teams an Invitation to participate in our Junior High school boys and girls track and Field meet. the following will give you the information you need for this meet.

**SCHOOLS PLANNING TO ATTEND THIS MEET MUST
SUBMIT THERE ROSTERS TO TRACKROSTER.COM
TO ENTER YOU MUST COMPLETE STEPS 1-5 FOR "ROSTER
ENTRY"MEET. THE DEADLINE DATE IS APRIL 3RD.**

ENTRY FEE: \$75.00 for each boys and girls team. \$15.00 per individual if less than 4 members on a team. NO REFUNDS. Make checks payable to Catoosa HS 2000 South Cherokee Catoosa OK 74015 Attn: Mike Mobra

TIME: ALL TEAMS REPORT TO CATOOSA FOOTBALL FIELD BY 1:00 PM FOR COACHES MEETING. FIELD EVENTS WILL BEGIN AT 2:00 PM AND ALL RUNNING EVENTS AT 2:30 PM.

DIVISIONS: There will be 4 divisions 7th B-G and 8th B-G.

LIMITATIONS: Each contestant is limited to 4 events, including relays. Each school is limited to 3 entrants in each event and 1 team in each relay. Three throws will be in the shot and discus, and 3 jumps in the LJ. YOU CANNOT USE TAPE ON THE TRACK OR THE RUNWAYS ON THE LONG JUMP AND POLE VAULT.

MEDALS and TROPHIES: Will be awarded to 1st, 2nd, and 3rd places in all events. Trophies will be awarded to 1st place teams in all divisions.

TEAM POINTS: 1st thru 6th (10-8-6-4-2-1) individual events and (20-16-12-8-4-2) for all Relays.

EQUIPMENT: CATOOSA WILL FURNISH ALL EQUIPMENT SUCH AS STARTING BLOCKS. YOU MUST WEAR 1/4" SPIKES OR SMALLER ON THIS TRACK. NO NEEDLE SPIKES (OSSAA RULES WILL APPLY).

WE HOPE THAT YOU AND YOUR TEAMS CAN BE WITH US FOR THIS MEET.

**Mike Mobra and boys and girls track coaches
Email address: mmobra@catoosa.k12.ok.us
School (918) 266-8619 Coaches Office ext. 1168
Cell phone (918) 346-2975**

**CATOOSA JR H TRACK CLASSIC
7TH & 8TH
BOYS AND GIRLS**



FIELD EVENTS

2:00 PM

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

**7B-8B-7G-8G
8G-7G-8B-7B
7B-8B-7G-8G
7G-8G-7B-8B
8B-7B-8G-7G**

RUNNING EVENTS:

2:30 PM

**3200 Relay
100 Hurdles
110 Hurdles
400 Relay
800 run
100 Dash
400 Dash
800 Relay
1600 run
300 Hurdles
200 Dash
1600 run
1600 Relay**

**7G-8G-7B-8B
7G-8G
7B-8B
7G-8G-7B-8B
7G-7B-8G-8B
7G-8G-7B-8B
7G-8G-7B-8B
7G-8G-7B-8B
7G-8G
7G-8G-7B-8B
7G-8G-7B-8B
7B-8B
7G-8G-7B-8B**