



## **CATOOSA TRACK CLASSIC**

### **FRIDAY APRIL 8, 2016**



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 April 8th Friday. 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 7th Thursday.**

**ENTRY FEE:** \$100.00 per Boys team and \$100.00 per Girls team. If you have less than 4 it will be \$20.00 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 1:00 pm for Coaches Meeting. Field events at 2:00 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. **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 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, **YOU MUST WEAR 1/4” SPIKES OR SMALLER, NO NEEDLE SPIKES.**

**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](mailto:mmobra@catoosa.k12.ok.us)  
Hager McClain Head Girls Coach 918-266-8619 [hmcclain@catoosa.k12.ok.us](mailto:hmcclain@catoosa.k12.ok.us)

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**FIELD EVENTS:**

|                |                   |                   |
|----------------|-------------------|-------------------|
| <b>2:00 pm</b> | <b>Shot</b>       | <b>Boys-Girls</b> |
|                | <b>Discus</b>     | <b>Girls-Boys</b> |
|                | <b>Long Jump</b>  | <b>Girls-Boys</b> |
|                | <b>High Jump</b>  | <b>Boys-Girls</b> |
|                | <b>Pole Vault</b> | <b>Boys-Girls</b> |

**RUNNING EVENTS:**

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

|                        |                        |                        |
|------------------------|------------------------|------------------------|
| <b>45 minute Break</b> | <b>45 minute Break</b> | <b>45 minute Break</b> |
|------------------------|------------------------|------------------------|

|                       |                          |                   |
|-----------------------|--------------------------|-------------------|
| <b><u>FINALS:</u></b> | <b>400 Relay</b>         | <b>Girls-Boys</b> |
|                       | <b>800 run</b>           | <b>Girls-Boys</b> |
|                       | <b>100 m Dash</b>        | <b>Girls-Boys</b> |
|                       | <b>400 Dash</b>          | <b>Girls-Boys</b> |
|                       | <b>300 Hurdles (30")</b> | <b>Girls</b>      |
|                       | <b>300 Hurdles (36")</b> | <b>Boys</b>       |
|                       | <b>200 m Dash</b>        | <b>Girls-Boys</b> |
|                       | <b>1600 run</b>          | <b>Girls-Boys</b> |
|                       | <b>1600 Relay</b>        | <b>Girls-Boys</b> |