

**Catoosa 3A below Track Classic
Friday April 22, 2016**



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 an 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 21ST Thursday

ENTRY FEE: \$85.00 per team for each boys and girls teams, \$15.00 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 1:00 pm for Coaches meeting. Field events at 2:00 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. YOU CANNOT USE TAPE ON THE TRACK, LONG JUMP, OR POLE VAULT RUNWAYS.

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 YOU MUST WEAR 1/4" SPIKES OR SMALLER, NO NEEDLE SPIKES. 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**

CATOOSA 3A BELOW TRACK CLASSIC



FIELD EVENTS:

2:00 pm	Shot	boys-girls
	Discus	girls-boys
	Long Jump	boys-girls
	High Jump	girls-boys
	Pole Vault	boys-girls

PRELIMINARIES:

2:30 pm	400 Relay	girls-boys
	3200 Relay	girls-boys (Final)
	100 Hurdles (33")	girls
	110 Hurdles (39")	boys
	100 m dash	girls-boys
	3200 run	boys (Final)
	800 Relay	girls-boys (Final)
	3200 run	girls (Final)
	200 m dash	girls-boys

45 minute break

45 minute break

45 minute break

FINALS:

400 Relay	girls-boys
800 run	girls-boys
100 Hurdles (33")	girls
110 Hurdles (39")	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