



Yellowjacket Invitational



Thursday, March 31st, 2016 @ 10:00

On behalf of the Choctaw/Nicoma Park Public Schools we would like to extend an invitation to participate in our track meet. You must e-mail to confirm that you are coming and to verify that there is room. This is a sanctioned meet, so OSSAA rules will apply.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on TrackRoster .com by completing steps 1-5. The entry deadline for the meet is Monday, March 28th, 2016 at 5:00. Log into your TrackRoster account at: www.trackroster.com

Time Line: 10:00 Coaches meeting (North end of the football field)

 10:30 All events running and field begin

General:

- 4 event limit per contestant
- Each school may enter 3 individuals per event
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
- Runners will be heated up on the north end of the football field
- Awards will be picked up at the press box following the 1600-meter relay
- Medals will be awarded to the top four places in open events and relays
- A trophy will be awarded to the winning team for each boys and girls' team.
- Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals.
- There will be 2 divisions, Varsity boys and Varsity girls; \$90.00 for boys and \$90.00 for girls' teams.

If you plan on attending, you must do the following:

1. You must notify Jay Reaves and/or Mona Kelly that you plan to attend at jreaves@cnpsschools.org and/or mkelly@cnpsschools.org
2. You must have all your athletes listed on TrackRoster.com at least three days prior to meet

Entry Fee: \$90.00 per team. Make checks to: Choctaw Athletics

Mail payment to: Choctaw/Nicoma Park Public Schools
 Choctaw Athletics
 Attn: Todd Dillbeck
 14300 NE 10th
 Choctaw, OK 73020

If you have any questions concerning the meet, please call the AD office and ask for Brandie at 405-390-6120.



Yellowjacket Invitational



Thursday, March 31st, 2016 Schedule of Events

10:00 Coaches Meeting

10:30 Running and Field events

Field Events at 10:30

High Jump Boys-Girls

Long Jump Girls-Boys

Discus Girls-Boys

Shot Boys-Girls

Pole Vault Boys-Girls

Running Events 10:30

4x100 Relay Girls-Boys

4x800 Relay Girls-Boys

100 Hurdles Girls

110 Hurdles Boys

3200 Run Girls-Boys

4x200 Relay Girls-Boys

800 Run Girls-Boys

100 Dash Girls-Boys

400 Dash Girls-Boys

300 Hurdles Girls-Boys

200 Dash Girls-Boys

1600 Run Girls-Boys

4x400Relay Girls-Boys