



## Yellowjacket Invitational



**Thursday, April 14, 2016**

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. **The number of schools attending will be limited to the first 12 schools that reserve their spot in the track meet.**

**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 Tuesday, April 12th by 6:00pm. Log into your TrackRoster account at: [www.trackroster.com](http://www.trackroster.com)

**Time Line:**     **3:30 Coaches meeting (North end of the football field)**

**4:00 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 4 divisions, 7<sup>th</sup> & 8<sup>th</sup> Grade Girls, 7<sup>th</sup> & 8<sup>th</sup> Grade Boys; **\$65.00 for boys' and \$65.00 for girls' teams. If you bring all four teams the cost is \$260.00 per school.**



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

1. You must notify **Tim McCall and/or Marcie Simpson** that you plan to attend at **tmccall@cnpsschools.org** and/or **msimpson@cnpsschools.org**
2. You must have all your athletes listed on **TrackRoster.com** at least three days prior to meet

**Entry Fee: \$65.00 per boys' team & \$ 65.00 per girls' teams. \$260.00 for all four teams. 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

Brandi at **405-390-6120**. Or David Johnson at **405-613-3143**

## **Schedule of Events**

3:30 Coaches Meeting

4:00 Running and Field events

### **Field Events at 4:00**

High Jump Boys-Girls 8<sup>th</sup> Boys, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, 7<sup>th</sup> Girls

Long Jump Girls-Boys 8<sup>th</sup> Girls, 7<sup>th</sup> Girls, 8<sup>th</sup> Boys, 7<sup>th</sup> Boys

Discus Girls-Boys 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

Shot Boys-Girls 7<sup>th</sup> Boys, 8<sup>th</sup> Boys, 7<sup>th</sup> Girls, 8<sup>th</sup> Girls

Pole Vault Boys-Girls 7<sup>th</sup> Boys, 8<sup>th</sup> Boys, 7<sup>th</sup> Girls, 8<sup>th</sup> Girls

### **Running Events at 4:00**

4x100 Relay 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

4x800 Relay 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

100 Hurdles 7<sup>th</sup> Girls, 8<sup>th</sup> Girls

110 Hurdles 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

4x200 Relay 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

800 Run 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

100 Dash 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

400 Dash 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

300 Hurdles 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

200 Dash 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

1600 Run 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys

4x400Relay 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Boys