

Coweta Tiger Track Classic

Friday April 22nd, 2016 - 5A and Below

On behalf of the Coweta Public Schools, we are extending an invitation to participate in our High School Boys and Girls Track and Field Meet. Coweta Schools have an 8 lane Track and Field Complex just south of the Tiger Football Stadium. **Limited to the first 16 confirmed schools. Schools planning to attend this meet must submit their entries on TrackRoster.com by completing Steps 1 - 5 for "Seeded" meets. The entry deadline for this meet is 10:00 PM, Tuesday, April 19, 2016!! – please contact gary.tuell@cowetaps.org or alex.elliott@cowetaps.org**

Location: Coweta High School Mailing Address: Coweta High School
14705 S. 305th St
Coweta OK, 74429
Attn: Kerri Bradshaw
PO Box 550
Coweta, Ok. 74429

Bus Parking: **TBD – will have new fieldhouse construction, will update when we know
Where buses will be able to park at that point.**

Fees: **\$90.00** for each division; **No B teams**. For teams of four athletes or less:
\$10.00 per person. Make checks payable to: Coweta Public Schools.

Heating: Heating will be done by ~~seed~~ and completed by trackroster.com. When athletes come to heating bench they will be given their lane assignments.

Time: A coaches meeting will be at 9:30pm in the track building south of the finish line. Field Events will begin at 10:00am and running events will begin at 10:30am. This meet is TIMED FINALS.

Limitations: Each school is limited to one (1) relay team.
Each school is limited to three (3) competitors per event.
Each contestant is limited to four events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Trophies: 1 team award will be given per division. Boys Team Champion and Girls Team Champion.

Team Points: Awarded to top six finishers (10 . 8 . 6 . 4 . 2 - 1) in individual events
and in relays, (20 . 16 . 12 . 8 . 4 . 2).

Equipment: Coweta will furnish all starting blocks to contestants. ¼+spikes, or shorter, are required. **DO NOT USE TAPE ON THE TRACK.**

Restrooms/Concessions: Located underneath the stadium. No glass bottles allowed in stadium!

Dressing facilities: NO DRESSING FACILITIES.

Lunch Break: We will feed coaches and workers at the break

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Gary Tuell Head Boys Track Coach
Alex Elliot Head Girls Track Coach
Pete Carter Sprints, Relays, PV Coach
Bob Clements Throwers Coach
Email Address: gary.tuell@cowetaps.org
alex.elliott@cowetaps.org

School (918) 486-4474 Tim Johnson, AD Office# (918) 486-6103 Fax: (918) 486 7307

ORDER OF EVENTS

10:30am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES	GIRLS 33"	
110 M HURDLES		BOYS 39"
3200 METER RUN		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	BOYS	GIRLS

Break

3200 METER RUN	GIRLS	
400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS 30"	
300 METER IH		BOYS 36"
200 METER DASH	GIRLS	BOYS
400 METER CO-ED THROWERS RELAY – DETAILS AT COACHES MTG		
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

10:00am

FIELD EVENTS

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

NOTE: SHOT PUT, DISCUS, LONG JUMP, will be prelims/finals format, *will be 3 throws/jumps in the prelims and 3 in the finals, 8 athletes will be taken to the finals*

We will use qualifying marks in the shot, disc, and long jump. The distances will be determined at the 9:30am coaches meeting.

All implements must be marked with appropriate weights