



St. John

Tulsa  
**Bone&Joint**  
Associates

**OWASSO HIGH SCHOOL TRACK**  
**INVITATIONAL**  
Friday March 4<sup>th</sup>, 2016

The following will give you the information you need for the meet. This will be a time final meet.

SCHOOLS PLANNING TO ATTEND THIS MEET MUST SUBMIT THEIR ENTRIES ON TRACKROSTER BY COMPLETING STEPS 1-5 FOR ROSTER ENTRY+MEET. **THE CUTOFF DATE IS TUESDAY, March 2nd.**

TEAMS: *This meet will be limited to the first 10 schools to call and confirm.*

TIME: All teams report to HS Track by 10:00am for coaches meeting. Field events will start at 10:30am and running events will start at 10:30am.

DIVISIONS: There will be 2 divisions: HS Boys / HS Girls

ENTRY FEE: \$100.00 for EACH division. HS Girls \$100, HS Boys \$100. We will charge you \$50 for a 3<sup>rd</sup>+ team.

ENTRY LIMITATION: You may enter as many as you want and as many relay teams as you want. No limit as to the number in each event.

HEATING: All athletes will need to check in at the heating benches before their race.

LIMITATIONS: Short (1/4) spikes. You may only have 3 athletes per event, and 1 athlete may enter only 4 events. You can only have 1 relay team per school.

TEAM POINTS & 10-8-6-4-2-1 / 20-16-12-8-4-2 (Relays).

AWARDS: Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place. Team Trophy for 1<sup>st</sup> & 2<sup>nd</sup> place

LUNCH: We will feed all coaches lunch, but we will not be taking a break. Please let us know if you will be attending and how many coaches will be eating.

ALL OSSAA RULES APPLY

CONTACTS: Owasso High School  
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### 10:30 Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys (discus is east of the track behind the baseball field)
Shot	Boys, Girls

### 10:30 Running Events Time Finals in ALL EVENTS

400m Relay	Girls	Boys
3200m Relay	Girls	Boys
100m Hurdles	Girls	
110m Hurdles	Boys	
100m Dash	Girls	Boys
800m Relay	Girls	Boys
3200m Run	Girls	Boys
300m Hurdles	Girls	Boys
800m Run	Girls	Boys
400m Dash	Girls	Boys
200m Dash	Girls	Boys
1600m Run	Girls	Boys
1600m Relay	Girls	Boys