

**VERDIGRIS VALLEY CONFERENCE TRACK MEET
@ CATOOSA HS
SATURDAY APRIL 23, 2016**



On behalf of Catoosa HS we would like welcome you and your athletes to Verdigris Valley Conference Track and Field Championships. We will be using **FAT Timing** and scoring for the meet. Each team that you bring, must have your rosters on www.enduroentries.com for this is a “roster entry” meet.

HEATING/ATHLETE CHECK-IN each athlete must have there assigned competitor number on there left hand before they can compete. You should get a list of numbers the day before the meet by email or day of, at the coaches meeting. You will have to have the number to be heated or to participate in the field events and running events.

SIX DIVISIONS: 7TH B-G 8-9TH B-G HS B-G

The 9th grade athletes either runs 8th-9th division or HS division you have to make decision, they can not run both.

A work schedule and order of events is attached. If there are any questions just give me a call.

Coach Mike Mobra 918-346-2975

Coach Hagar McClain 918-266-8619

VERDIGRIS VALLEY CONFERENCE TRACK MEET



COACHES MEETING: 9:00 am FOOTBALL FIELD HOUSE

FIELD EVENTS: 9:30 am War room

HIGH JUMP	HS B, 9B, 7B, HS G, 9G, 7G 5'6 4'8 4'4 4'6 4'2 4'	Jay-Ft Gibson
LONG JUMP (north pit)	HS G, HS B, 9B	Hilldale-Verdigris
LONG JUMP (south pit)	7G, 9G, 7B	Seq Clare-L Grove
POLE VAULT	7B, 9B, HS B, 7G, 9G, HS G	Catoosa
SHOT (west ring)	HS G, 7G, 9G (25'-20'-20')	Inola
SHOT (east ring)	HS B, 7B, 9B (40'-25'-30')	Wagoner
DISCUS (north ring)	7B, 9B, HS B (60'- 80'-100')	Oologah
DISCUS (south ring)	7G, 9G, HS G (50'- 60'- 80')	Vinita

EXCHANGE ZONES: MIAMI 1, WAGONER 2, and CATOOSA 3
800 RELAY EXCHANGE ZONE: CATOOSA-WAGONER
HEATING: MIAMI Appeals committee: Wagoner, Ft Gibson, Miami

RUNNING EVENTS: 10:00 am

400 RELAY	7G, 9G, HS G, 7B, 9B, HS B
3200 RELAY	7G, 9G, HS G, 7B, 9B, HS B
100 HURDLES	7G, 9G, (30'') HS G (33'')
110 HURDLES	7B, 9B, (33'') HS B (39'')
100 M DASH	7G, 9G, HS G, 7B, 9B, HS B
3200 RUN	HS B
3200 RUN	HS G

BREAK>>>>>45>>>>>>>>BREAK>>>>>45>>>>>>>>BREAK

800 RELAY	7G, 9G, HS G, 7B, 9B, HS B
800 RUN	7G, 9G, HS G, 7B, 9B, HS B
400 M DASH	7G, 9G, HS G, 7B, 9B, HS B
300 HURDLES	7G, 9G, HS G, 7B, 9B, (30'')
300 HURDLES	HS B (36'')
200 M DASH	7G, 9G, HS G, 7B, 9B, HS B
1600 RUN	7G, 9G, HS G, 7B, 9B, HS B
1600 RELAY	7G, 9G, HS G, 7B, 9B, HS B