

## **Catoosa 3A below Track Classic Thursday April 20th, 2017**



On behalf of the Catoosa Public school system, we would like to extend to you and your teams an invitation to participate in our 3A below track Classic, we have went to a 4 day week that is why we had to move our meet to Thursday instead of Friday. We have a brand new 8 lane all weather track. We are very excited about hosting our fifth annual 3A below Track meet. This will be a Preliminary an Finals meet Regional Format.

**Schools planning to attend this meet must submit their entries on ENDURO ENTRIES this a "SEEDED ENTRY" meet the cutoff date is April 19th Wednesday**

**ENTRY FEE:** \$85.00 per team for each boys and girls teams, \$20.00 per individual if you have less than 4 individuals. **NO REFUNDS** and Make checks payable to Catoosa HS.

**ADDRESS:** attn: Mike Mobra Catoosa HS 2000 South Cherokee Catoosa OK 74015

**TIME:** All teams report to Catoosa Football Field 1:30 pm for Coaches meeting. Field events at 2:00 pm running events start at 2:00 pm. There will be preliminaries and finals in the LJ, Shot, and Discus we will take 8 to the Finals and same for the running events.

**LIMITATIONS:** You may enter 3 in event and 1 relay team. There will be 2 divisions boys and girls. **YOU CANNOT USE TAPE ON THE TRACK, LONG JUMP, OR POLE VAULT RUNWAYS.**

**MEDALS AND TROPHIES:** Awarded to 1st thru 3rd places in all events. Trophies will be awarded to 1st place teams in each division.

**TEAM POINTS AND EQUIPMENT:** Awarded to 1st thru 8th places we will use college scoring, individual and relays score the same 10-8-6-5-4-3-2-1. Starting blocks will be furnished and **YOU MUST WEAR 1/4" SPIKES OR SMALLER, NO NEEDLE SPIKES.** **OSSAA RULES APPLY**

There will be a coaches feed after the preliminaries. We hope that you can be with us for this meet.

**Contact:** Mike Mobra Boys Track Coach 918-346-2975

[mmobra@catoosa.k12.ok.us](mailto:mmobra@catoosa.k12.ok.us)

Hager McClain Girls Track Coach 918-266-8619

[hmcclain@catoosa.k12.ok.us](mailto:hmcclain@catoosa.k12.ok.us)

**CATOOSA 3A BELOW TRACK CLASSIC**



**FIELD EVENTS:**

<b>2:00 pm</b>	<b>Shot</b>	<b>boys-girls</b>
	<b>Discus</b>	<b>girls-boys</b>
	<b>Long Jump</b>	<b>boys-girls</b>
	<b>High Jump</b>	<b>girls-boys</b>
	<b>Pole Vault</b>	<b>boys-girls</b>

**PRELIMINARIES:**

<b>2:00 pm</b>	<b>400 Relay</b>	<b>girls-boys</b>
	<b>3200 Relay</b>	<b>girls-boys (Final)</b>
	<b>100 Hurdles (33")</b>	<b>girls</b>
	<b>110 Hurdles (39")</b>	<b>boys</b>
	<b>100 m dash</b>	<b>girls-boys</b>
	<b>3200 run</b>	<b>boys (Final)</b>
	<b>800 Relay</b>	<b>girls-boys (Final)</b>
	<b>3200 run</b>	<b>girls (Final)</b>
	<b>200 m dash</b>	<b>girls-boys</b>

**45 minute break**

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**FINALS:**

<b>400 Relay</b>	<b>girls-boys</b>
<b>800 run</b>	<b>girls-boys</b>
<b>100 Hurdles (33")</b>	<b>girls</b>
<b>110 Hurdles (39")</b>	<b>boys</b>
<b>100 m dash</b>	<b>girls-boys</b>
<b>400 dash</b>	<b>girls-boys</b>
<b>300 Hurdles (30")</b>	<b>girls</b>
<b>300 Hurdles (36")</b>	<b>boys</b>
<b>200 m dash</b>	<b>girls-boys</b>
<b>1600 run</b>	<b>girls-boys</b>
<b>1600 Relay</b>	<b>girls-boys</b>