



YELLOWJACKET INVITATIONAL

Thursday, April 13, 2017



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 www.runenduroussa.com . *****This is a ranked meet – you must register thru www.runenduroussa.com.***
The entry deadline for the meet is Monday, April 10th by 6:00pm.

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, 7th & 8th Grade Girls, 7th & 8th Grade Boys;
\$70.00 for boys' and \$70.00 for girls' teams. If you bring all four teams the cost is \$280.00 per school.

Mail payment to:

Choctaw/Nicoma Park Public Schools

Choctaw Athletics

Attn: Todd Dillbeck

14300 NE 10th, Choctaw, OK 73020



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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@cnpschools.org and/or msimpson@cnpschools.org
2. You must have all your athletes listed on www.runenduroussa.com by 6:00pm on Monday.

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

<i>High Jump</i>	<i>Boys-Girls</i>	<i>8th Boys, 7th Boys, 8th Girls, 7th Girls</i>
<i>Long Jump</i>	<i>Girls-Boys</i>	<i>8th Girls, 7th Girls, 8th Boys, 7th</i>
<i>Boys Discus</i>	<i>Girls-Boys</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>Shot</i>	<i>Boys-Girls</i>	<i>7th Boys, 8th Boys, 7th Girls, 8th Girls</i>
<i>Pole Vault</i>	<i>Boys-Girls</i>	<i>7th Boys, 8th Boys, 7th Girls, 8th Girls</i>

Running Events at 4 00

<i>4x100 Relay</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>4x800 Relay</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>100 Hurdles</i>	<i>7th Girls, 8th Girls</i>
<i>110 Hurdles</i>	<i>7th Boys, 8th Boys</i>
<i>4x200 Relay</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>800 Run</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>100 Dash</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>400 Dash</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>300 Hurdles</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>200 Dash</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>1600 Run</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>4x400Relay</i>	<i>7th Girls, 8th Girls, 7th Boys, 8th Boys</i>