

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.

<u>ATTENTION COACHES</u>: Schools planning to attend this meet must submit their entries on www.runendurousa.com . **This is a ranked meet – you must register thru www.runendurousa.com. The entry deadline for the meet is Monday, April 10th by 6:00pm.

<u>Time Line:</u> 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

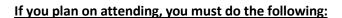
Attn: Todd Dillbeck

14300 NE 10th, Choctaw, OK 73020



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- 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.runendurousa.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

High Jump	Boys-Girls	8 th Boys, 7 th Boys, 8 th Girls, 7 th Girls
Long Jump	Girls-Boys	8 th Girls, 7 th Girls, 8 th Boys, 7 th
Boys Discus	Girls-Boys	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
Shot	Boys-Girls	7 th Boys, 8 th Boys, 7 th Girls, 8 th Girls
Pole Vault	Boys-Girls	7 th Boys, 8 th Boys, 7 th Girls, 8 th Girls

Running Events at 400

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