Coweta Tiger Track Classic

Friday April 21st, 2017 - 5A and Below

On behalf of the Coweta Public Schools, we are extending an invitation to participate in our High School Boys and Girls Track and Field Meet. Coweta Schools have an 8 lane Track and Field Complex just south of the Tiger Football Stadium. Limited to the first 16 confirmed schools. Schools planning to attend this meet must submit their entries on TrackRoster.com by completing Steps 1 - 5 for "Seeded" meets. The entry deadline for this meet is 10:00 PM, Tuesday, April 18, 2017!! – please contact alex.elliott@cowetaps.org

Location: Coweta High School Mailing Address: Coweta High School

14705 S. 305th St Attn: Kerri Bradshaw

Coweta OK, 74429 PO Box 550

Coweta, Ok. 74429

Bus Parking: Athlete drop off will be at the track parking lot on the west side of the track. Buses will be parked in the east parking lot of Coweta Football Stadium.

Fees: \$90.00 for each division; No B teams. For teams of four athletes or less:

\$10.00 per person. Make checks payable to: Coweta Public Schools.

Heating: Heating will be done by &eed+and completed by trackroster.com. When athletes come to

heating bench they will be given their lane assignments.

Time: A coaches meeting will be at 9:30pm in the track building south of the finish line. Field Events

will begin at 10:00am and running events will begin at 10:30am. This meet is TIMED FINALS.

<u>Limitations:</u> Each school is limited to one (1) relay team.

Each school is limited to three (3) competitors per event.

Each contestant is limited to four events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Trophies: 1 team award will be given per division. Boys Team Champion and Girls Team Champion.

Team Points: Awarded to top six finishers (10 . 8 . 6 . 4 . 2 - 1) in individual events

and in relays, (20 . 16 . 12 . 8 . 4 . 2).

Equipment: Coweta will furnish all starting blocks to contestants. ¼+spikes, or shorter, are

required. DO NOT USE TAPE ON THE TRACK.

Restrooms/Concessions: Located underneath the stadium. No glass bottles allowed in stadium!

Dressing facilities: NO DRESSING FACILITIES.

Lunch Break: We will feed coaches and workers at the break

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Alex Elliot Head Track Coach Bob Clements - Assistant Morgan Holtz - Assistant Tim Holt - Assistant

Email Address: Alex.elliott@cowetaps.org

School (918) 486-4474 Tim Johnson, AD Office# (918) 486-6103 Fax: (918) 486 7307

ORDER OF EVENTS

10:30am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS

100 M HURDLES GIRLS 33"

110 M HURDLES BOYS 39"

3200 METER RUN BOYS 800 METER RELAY GIRLS BOYS 800 METER RUN GIRLS BOYS

100 METER DASH BOYS GIRLS

<u>Break</u>

3200 METER RUN GIRLS

400 METER DASH GIRLS BOYS

300 METER LH GIRLS 30"

300 METER IH BOYS 36"

200 METER DASH GIRLS BOYS

400 METER CO-ED THROWERS RELAY – DETAILS AT COACHES MTG

1600 METER RUN GIRLS BOYS 1600 METER RELAY GIRLS BOYS

10:00am

FIELD EVENTS

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

NOTE: SHOT PUT, DISCUS, LONG JUMP, will be prelims/finals format, will be 3 throws/jumps in the prelims and 3 in the finals, 8 athletes will be taken to the finals

We will use qualifying marks in the shot, disc, and long jump. The distances will be determined at the 9:30am coaches meeting.

All implements must be marked with appropriate weights