VERDIGRIS VALLEY CONFERENCE TRACK MEET @ CATOOSA HS SATURDAY APRIL 22, 2017



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

HIGH JUMP HS B, 9B, 7B, HS G, 9G, 7G Jay-L Grove

5'6 4'8 4'4 4'6 4'2 4'

LONG JUMP (north pit) HS G, HS B, 9B Sequoyah-Ft Gibson

LONG JUMP (south pit) 7G, 9G, 7B Vinita-Verdigris

POLE VAULT 7B, 9B, HS B, 7G, 9G, HS G Catoosa

SHOT (2 ring) HS G ,9 G, 7 G (25'-20'-20') Inola

SHOT (1 ring) HS B, 9 B, 7 B (40'-30'-25') Wagoner

DISCUS (north ring) 7B, 9B, HS B (60'- 80'-100') Oologah

DISCUS (south ring) 7G, 9G, HS G (50'- 60'- 80') Hilldale

EXCHANGE ZONES: Wagoner, 1, Vinita 2, and Catoosa 3

800 RELAY EXCHANGE ZONE: Catoosa-Vinita

<u>HEATING:</u> MIAMI <u>Appeals committee:</u> Vinita, Hilldale, and Oologah

Sequoyah (Alt)

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, (30") 9G, (30") HS G (33")

110 HURDLES 7B, (30") 9B, (33") HS B (39")

100 M DASH 7G, 9G, HS G, 7B, 9B, HS B

3200 RUN HS BOYS, HS GIRLS

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