



# CATOOSA TRACK CLASSIC

Thursday April 5, 2018



On behalf of the Catoosa Public School system, we would like extend to you and your teams an invitation to participate in our Track Classic April 5th Thursday, we have went to a 4 day week this is why we had to change to Thursday instead of Friday. This will be a **5A and below meet**. The following will give you the information you need for the meet. This meet will be a Time final meet, except for 3 events. Preliminaries will be ran in the 100, 200, and the 400 Relay. **(6A TEAMS MAY ENTER, BUT YOU CAN ONLY ENTER JV TEAMS)**

**Schools planning to attend this meet must submit their entries on ENDURO ENTRIES this is a "ROSTER ENTRY" meet. Cutoff date is April 4th Wednesday.**

**ENTRY FEE:** \$100.00 per Boys team and \$100.00 per Girls team. If you have less than 4 it will be \$20.00 per individual. You may have B teams at no charge, Make checks out to Catoosa HS

**Address:** Attn: Mike Mobra Catoosa HS 2000 So Cherokee Catoosa OK 74015

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

**LIMINATIONS:** You may enter 3 individuals in an event and 1 Relay team. There will be 2 divisions Boys and Girls. **YOU CANNOT USE TAPE ON THE TRACK OR THE RUNWAYS ON THE LONG JUMP AND POLE VAULT.**

**MEDALS AND TROPHIES:** Will be awarded to 1st thru 3rd in all events. 1st place Trophy in each division.

**TEAM POINTS:** We will use College scoring, Individual and relay events will be scored as 10-8-6-5-4-3-2-1. Blocks will be provided, **YOU MUST WEAR 1/4" SPIKES OR SMALLER, NO NEEDLE SPIKES.** **OSSAA RULES APPLY**

There will be a coaches feed, hope to see you at The Catoosa Track Classic.

**Contact:** Mike Mobra Head Boys Coach 918-346-2975 [mmobra@catoosa.k12.ok.us](mailto:mmobra@catoosa.k12.ok.us)  
Hager McClain Head Girls Coach 918-266-8619 [hmcclain@catoosa.k12.ok.us](mailto:hmcclain@catoosa.k12.ok.us)

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### FIELD EVENTS:

<b>1:30 pm</b>	<b>Shot</b>	<b>Boys-Girls</b>
	<b>Discus</b>	<b>Girls-Boys</b>
	<b>Long Jump</b>	<b>Girls-Boys</b>
	<b>High Jump</b>	<b>Boys-Girls</b>
	<b>Pole Vault</b>	<b>Boys-Girls</b>

### RUNNING EVENTS:

<b>2:00 pm</b>	<b>400 Relay</b>	<b>Girls-Boys (Preliminaries)</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 (Preliminaries)</b>
	<b>3200 run</b>	<b>Girls (FINAL)</b>
	<b>800 Relay</b>	<b>Girls-Boys (FINAL)</b>
	<b>3200 run</b>	<b>Boys (FINAL)</b>
	<b>200 m Dash</b>	<b>Girls-Boys (Preliminaries)</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 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>