

Catoosa 3A below Track Classic Thursday April 19, 2018



On behalf of the Catoosa Public school system, we would like to extend to you and your teams an invitation to participate in our 3A below track Classic, we have went to a 4 day week that is why we had to move our meet to Thursday instead of Friday. We have a great 8 lane all weather track. We are very excited about hosting our seventh annual 3A below Track meet. This will be a Preliminary and Finals meet Regional Format.

Schools planning to attend this meet must submit their entries on ENDURO ENTRIES this a "SEEDED ENTRY" meet the cutoff date is April 18th Wednesday

ENTRY FEE: \$85.00 per team for each boys and girls teams, \$20.00 per individual if you have less than 4 individuals. **NO REFUNDS** and Make checks payable to Catoosa HS.

ADDRESS: attn: Mike Mobra Catoosa HS 2000 South Cherokee Catoosa OK 74015

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

LIMITATIONS: You may enter 3 in event and 1 relay team. There will be 2 divisions boys and girls. **YOU CANNOT USE TAPE ON THE TRACK, LONG JUMP, OR POLE VAULT RUNWAYS.**

MEDALS AND TROPHIES: Awarded to 1st thru 3rd places in all events. Trophies will be awarded to 1st place teams in each division.

TEAM POINTS AND EQUIPMENT: Awarded to 1st thru 8th places we will use college scoring, individual and relays score the same 10-8-6-5-4-3-2-1. Starting blocks will be furnished and **YOU MUST WEAR 1/4" SPIKES OR SMALLER, NO NEEDLE SPIKES.** **OSSAA RULES APPLY**

There will be a coaches feed after the preliminaries. We hope that you can be with us for this meet.

Contact: Mike Mobra Boys Track Coach 918-346-2975
mmobra@catoosa.k12.ok.us

Hager McClain Girls Track Coach 918-266-8619
hmcclain@catoosa.k12.ok.us

CATOOSA 3A BELOW TRACK CLASSIC



FIELD EVENTS:

1:30 pm	Shot	boys-girls
	Discus	girls-boys
	Long Jump	boys-girls
	High Jump	girls-boys
	Pole Vault	boys-girls

PRELIMINARIES:

2:00 pm	400 Relay	girls-boys
	3200 Relay	girls-boys (Final)
	100 Hurdles (33")	girls
	110 Hurdles (39")	boys
	100 m dash	girls-boys
	3200 run	boys (Final)
	800 Relay	girls-boys (Final)
	3200 run	girls (Final)
	200 m dash	girls-boys

45 minute break

45 minute break

45 minute break

FINALS:

400 Relay	girls-boys
800 run	girls-boys
100 Hurdles (33")	girls
110 Hurdles (39")	boys
100 m dash	girls-boys
400 dash	girls-boys
300 Hurdles (30")	girls
300 Hurdles (36")	boys
200 m dash	girls-boys
1600 run	girls-boys
1600 Relay	girls-boys