



# Yellowjacket Invitational

**Friday, March 30th, 2018 @ 10:00**

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.

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries by Friday, March 30th, 2017 at [www.runendurousa.com](http://www.runendurousa.com).

**Time Line:** 10:00 Coaches meeting (North end of the football field)  
10:30 All events running and field begin

## **General:**

- \* Limited to 15 teams.
- \* 4 event limit per contestant
- \* Each school may enter 3 individuals per event
- \* 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 three places in open events and relays
- \* A trophy will be awarded to the winning team for each boys and girls' team.
- \* Shot, disc, and long jump will get 3 attempts in the prelims. Top 8 will have 3 additional attempts in finals and top throw/jump will carry over to finals.
- \* There will be 2 divisions, Varsity boys and Varsity girls; \$90.00 for boys and \$90.00 for girls' teams.

If you plan on attending.....**Please** do the following:

- \* You must notify Jay Reaves and/or Mona Kelly that you plan to attend at [jreaves@cnpsschools.org](mailto:jreaves@cnpsschools.org) and/or [mkelly@cnpsschools.org](mailto:mkelly@cnpsschools.org)
- \* You must have all your athletes listed on [www.runendurousa.com](http://www.runendurousa.com) at least one day prior to meet

**Entry Fee:** \$90.00 per team. Make checks to: Choctaw Athletics

Mail payment to: Choctaw/Nicoma Park Public Schools  
Choctaw Athletics  
Attn: Mike Hessman  
14300 NE 10th  
Choctaw, OK 73020

If you have any questions concerning the meet, please call the AD office and ask for Brandie at 405-390-6120.



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## Friday, March 30th, 2018 Schedule of Events

10:00 Coaches Meeting

10:30 Running and Field events

### **Field Events at 10:30**

High Jump Boys-Girls

Long Jump Girls-Boys

Discus Girls-Boys

Shot Boys-Girls

Pole Vault Boys-Girls

### **Running Events 10:30**

4x100 Relay Girls-Boys

4x800 Relay Girls-Boys

100 Hurdles Girls

110 Hurdles Boys

3200 Run Girls-Boys

4x200 Relay Girls-Boys

800 Run Girls-Boys

100 Dash Girls-Boys

400 Dash Girls-Boys

300 Hurdles Girls-Boys

200 Dash Girls-Boys

1600 Run Girls-Boys

4x400Relay Girls-Boys