



YELLOWJACKET INVITATIONAL



THURSDAY APRIL 12, 2018

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. **The number of schools attending will be limited to the first 12 schools that reserve their spot in the track meet.**

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on www.enduroussa.com. *****This is a ranked meet – you must register thru www.enduroussa.com.*** The entry deadline for the meet is Monday, April 9th by 6:00pm.

Time Line: **3:00** **Coaches meeting (North end of the football field)**
 3:30 **All events running and field begin**

General:

4 event limit per contestant
Each school may enter 3 individuals per event
Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
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 four places in open events and relays
A trophy will be awarded to the winning team for each boys and girls' team.
Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals.

There will be 4 divisions, 7th & 8th Grade Girls, 7th & 8th Grade Boys;
\$70.00 for boys' and \$70.00 for girls' teams. If you bring all four teams the cost is \$280.00 per school.

Mail payment to:

Choctaw-Nicoma Park Public Schools
Choctaw Athletics
Attn: Mike Hessman
14300 NE 10th
Choctaw, OK 73020



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If you plan on attending, you must do the following:

1. You must notify **Tim McCall** and/or **Marcie Simpson** that you plan to attend at tmccall@cnpsschools.org and/or msimpson@cnpsschools.org
2. You must have all your athletes listed on www.enduroussa.com by 6:00pm on Monday.

If you have any questions concerning the meet, please call the AD office and ask for Brandi at **405-390-6120** or David Johnson at **405-613-3143**

Schedule of Events

3:00: Coaches Meeting

3:30: Running and Field events

Field Events at 4:00

High Jump Boys-Girls 8th Boys, 7th Boys, 8th Girls, 7th Girls

Long Jump Girls-Boys 8th Girls, 7th Girls, 8th Boys, 7th

Boys Discus Girls-Boys 7th Girls, 8th Girls, 7th Boys, 8th Boys

Shot Boys-Girls 7th Boys, 8th Boys, 7th Girls, 8th Girls

Pole Vault Boys-Girls 7th Boys, 8th Boys, 7th Girls, 8th Girls

Running Events at 400

4x100 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

4x800 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

100 Hurdles 7th Girls, 8th Girls

110 Hurdles 7th Boys, 8th Boys

4x200 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

800 Run 7th Girls, 8th Girls, 7th Boys, 8th Boys

100 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys

400 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys

300 Hurdles 7th Girls, 8th Girls, 7th Boys, 8th Boys

200 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys

1600 Run 7th Girls, 8th Girls, 7th Boys, 8th Boys

4x400 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys