



CACHE 7TH & JUNIOR HIGH SCHOOL



Boys and Girls Invitational Track Meet Tuesday, March 26th, 2019

Date: Tuesday, March 26th, 2019

Time: Coaches Meeting 9:00 am, Field Events 9:30 am, Running Events 10:00 am

Entry Fee: \$70.00 per division. \$10.00 an individual

Divisions: There will be four (4) divisions: 7th boys, JH boys, 7th girls, JH girls

Limitations: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) in each relay. Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

Awards: Medals will be awarded to the top five (5) in each event. **No Team Plaques.**

Team Points: Individual events: 10-8-6-4-2-1 and Relays 20-16-12-8-4-2

IMPORTANT: Schools planning to attend this meet must submit their entries at www.enduroentries.com (TrackRoster) by completing Steps 1-5. The entry deadline for this meet is March 25, 2019 at 9:00 pm ---- www.enduroentries.com

If you Plan to attend this meet, you must notify Lonnie Nunley at (580) 512-4710 or Lonnie.nunley@cacheps.org



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Entry fee \$ 70.00 7th Boys
 \$ 70.00 7th Girls
 \$ 70.00 JH Boys
 \$ 70.00 JH Girls
 \$ 10.00 Individual

Mail to: Cache High School
 C/O: Lonnie Nunley
 102 E H Street
 Cache, OK 73526

School _____

Coaches _____

7th Boys Division _____

7th Girls Division _____

JH Boys Division _____

JH Girls Division _____



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Order of Events

Field Events: (9:30 am)

Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

Shot Put	7B, JHB, 7G, JHG
Discus	7G, JHG, 7B, JHB
Long Jump	7G, JHG, 7B, JHB
High Jump	7B, JHB, 7G, JHG
Pole Vault	7B, JHB, 7G, JHG

TIMED FINALS

400 Relay	7G, JHG, 7B, JHB
3200 Relay	7G, JHG, 7B, JHB
100 Hurdles	7G, JHG
110 Hurdles	7B, JHB
3200 Meter Run	JHG, JHB
800 Relay	7G, JHG, 7B, JHB
800 Run	7G, JHG, 7B, JHB
100 Dash	7G, JHG, 7B, JHB
400 Dash	7G, JHG, 7B, JHB
300 Hurdles	7G, JHG, 7B, JHB
200 Dash	7G, JHG, 7B, JHB
1600 Run	7G, JHG, 7B, JHB
1600 Relay	7G, JHG, 7B, JHB