



CACHE HIGH SCHOOL



Boys and Girls Invitational Track Meet Thursday, March 28, 2019

Coaches:

Cache High School would like to extend an invitation to the Cache High School Boys and Girls Invitational Track Meet, on Thursday, March 28, 2019.

All association rules will apply. Each school is permitted to enter three contestants per event.

This year we are having two divisions. Large School and Small School. 4A-6A schools will compete as Large School, B-3A schools will compete as Small School.

Team trophies will be awarded for the first place teams in each division. Individual medals will be given to the first three places in each event. Scoring will be 10-8-6-4-2-1 and double for relays.

Field events will begin at 9:30 am. There will be a coaches meeting in the football field house (south of the track) at 9:00 am. Running events will begin at 10:00 am.

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 27, 2018 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

Entry fee \$ 80.00 Boys
 \$ 80.00 Girls
 \$150.00 Both
 \$ 10.00 Individual

Mail to: Cache High School
 C/O: Lonnie Nunley
 102 E H Street
 Cache, OK 73529



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School _____

Coaches _____

Boys Division _____

Girls Division _____



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Coaches Meeting: 9:00 am (Heating benches)

Field Events: 9:30 am

Running Events: 10:00 am

Field Events: (9:30 am)

Shot Put / Discus / Long Jump [3 throws (jumps)/ then top 8 to the finals for 3 more throws (jumps)]

Shot Put	Boys / Girls
Discus	Girls / Boys
Long Jump	Girls / Boys
High Jump	Boys / Girls
Pole Vault	Girls / Boys

Running Events: (10:00 am)

TIMED FINALS

400 Meter Relay	Girls	Boys
3200 Meter Relay	Girls	Boys
100 Meter Hurdles	33"	Girls
110 Meter Hurdles	39"	Boys
3200 Meter Run	Boys	
800 Meter Relay	Girls	Boys
800 Meter Run	Girls	Boys
100 Meter Dash	Girls	Boys
3200 Meter Run	Girls	
400 Meter Dash	Girls	Boys
300 Meter Hurdles	30"	Girls
300 Meter Hurdles	36"	Boys
200 Meter Dash	Girls	Boys
1600 Meter Run	Girls	Boys
1600 Meter Relay	Girls	Boys