



CATOOSA TRACK CLASSIC

Friday April 5, 2019



On behalf of the Catoosa Public School system, we would like extend to you and your teams an invitation to participate in our Track Classic Friday April 5th. We have moved our meet back to Friday this year. This will be a **5A and below meet**. The following will give you the information you need for the meet. This meet will be a Time final meet, except for 3 events. Preliminaries will be ran in the 100, 200, and the 400 Relay. There will be no 6A B teams schools invited this year.

Schools planning to attend this meet must submit their entries on ENDURO ENTRIES this is a “ROSTER ENTRY” meet.
Cutoff date is April 4th Thursday.

ENTRY FEE: \$100.00 PER TEAM BOYS-GIRLS B TEAMS RUN FREE.

TIME: All teams report to Catoosa Football Field by 9:00 am for Coaches Meeting. Field events at 9:30 am Running Events will start at 10:00 am. There will be Preliminaries and Finals in the LJ, Shot, and Discus we will take 8 to the finals, same for the running events.

LIMINATIONS: You may enter 3 individuals in an event and 1 Relay team. There will be 2 divisions Boys and Girls. **YOU CANNOT USE TAPE ON THE TRACK OR THE RUNWAYS ON THE LONG JUMP AND POLE VAULT.**

MEDALS AND TROPHIES: Will be awarded to 1st thru 3rd in all events. 1st place Trophy in each division.

TEAM POINTS: Will score Individual 10-8-6-4-2-1 Relays will double. Blocks will be provided, **YOU MUST WEAR 1/4” SPIKES OR SMALLER, NO NEEDLE SPIKES.**

OSSAA RULES APPLY

There will be a coaches feed, hope to see you at The Catoosa Track Classic.

Contact: Mike Mobra Head Boys Coach 918-346-2975 mmobra@catoosa.k12.ok.us
Hager McClain Head Girls Coach 918-266-8619 hmcclain@catoosa.k12.ok.us

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FIELD EVENTS:

9:30 am	Shot	Boys-Girls
	Discus	Girls-Boys
	Long Jump	Girls-Boys
	High Jump	Boys-Girls
	Pole Vault	Boys-Girls

RUNNING EVENTS:

10:00 am	400 Relay	Girls-Boys (Preliminaries)
	3200 Relay	Girls-Boys (FINAL)
	100 Hurdles (33")	Girls (FINAL)
	110 Hurdles (39")	Boys (FINAL)
	100 m Dash	Girls-Boys (Preliminaries)
	3200 run	Girls (FINAL)
	800 Relay	Girls-Boys (FINAL)
	3200 run	Boys (FINAL)
	200 m Dash	Girls-Boys (Preliminaries)

45 minute Break

45 minute Break

45 minute Break

FINALS:

400 Relay	Girls-Boys
800 run	Girls-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