CATOOSA JR HIGH TRACK CLASSIC
7TH-8TH BOYS AND GIRLS
MONDAY APRIL 8, 2019

On behalf of the Catoosa public school system we extend to you and your Teams an Invitation to participate in our Junior High school boys and girls track and Field meet. the following will give you the information you need for this meet.

SCHOOLS PLANNING TO ATTEND THIS MEET MUST SUBMIT THERE ROSTERS TO ENDURO ENTRIES THIS IS A "ROSTER ENTRY" MEET THE DEADLINE DATE IS APRIL 7th.

ENTRY FEE: $75.00 PER TEAM BOYS-GIRLS.

TIME: ALL TEAMS REPORT TO CATOOSA FOOTBALL FIELD BY 1:30 PM FOR COACHES MEETING. FIELD EVENTS WILL BEGIN AT 2:30 PM AND ALL RUNNING EVENTS AT 2:30 PM.

DIVISIONS: There will be 4 divisions 7th B-G and 8th B-G

LIMITATIONS: Each contestant is limited to 4 events, including relays. Each school is limited to 3 entrants in each event and 1 team in each relay. Three throws will be in the shot and discus, and 3 jumps in the LJ. 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, 2nd, and 3rd places in all events. Trophies will be awarded to 1st place teams in all divisions.

TEAM POINTS: We will score individual (10-8-6-4-2-1) Relays will double.

EQUIPMENT: CATOOSA WILL FURNISH ALL EQUIPMENT SUCH AS STARTING BLOCKS. YOU MUST WEAR 1/4" SPIKES OR SMALLER ON THIS TRACK. NO NEEDLE SPIKES   (OSSAA RULES WILL APPLY).

WE HOPE THAT YOU AND YOUR TEAMS CAN BE WITH US FOR THIS MEET.

Mike Mobra and boys and girls track coaches
Email address: mmobra@catoosa.k12.ok.us
School (918) 266-8619   Coaches Office ext. 1168
Cell phone (918) 346-2975

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7TH & 8TH
BOYS AND GIRLS

FIELD EVENTS

2:30 PM		
	High Jump	7B-8B-7G-8G
	Long Jump (pit 2)	8G-7G
	Long Jump (pit 1)	8B-7B
	Shot (ring 2)	7B-7G
	Shot (ring 1)	8B-8G
	Discus (north)	8G-8B
	Discus (south)	7G-7B
	Pole Vault	8B-7B-8G-7G

RUNNING EVENTS:

2:30 PM		
	100 Hurdles	7G-8G
	110 Hurdles	7B-8B
	3200 Relay	7G-8G-7B-8B
	400 Relay	7G-8G-7B-8B
	800 run	7G-7B-8G-8B
	100 Dash	7G-8G-7B-8B
	400 Dash	7G-8G-7B-8B
	800 Relay	7G-8G-7B-8B
	1600 run	7G-8G
	300 Hurdles	7G-8G-7B-8B
	200 Dash	7G-8G-7B-8B
	1600 run	7B-8B
	1600 Relay	7G-8G-7B-8B