

Catoosa 3A below Track Classic Friday April 19, 2019



On behalf of the Catoosa Public school system, we would like to extend to you and your teams an invitation to participate in our 3A below track Classic, we have went back to Friday this year. We have a great 8 lane all weather track. We are very excited about hosting our annual 3A below Track meet. This will be a Preliminary and Finals meet Regional Format. No B Teams, No adds when you scratch. All implements will be weighted before throwing at 8:00 am at Norh side of the FB field house.

Schools planning to attend this meet must submit their entries on ENDURO ENTRIES this a “SEEDED ENTRY” meet the cutoff date is April 18th Thursday

ENTRY FEE: \$85.00 PER TEAM BOYS-GIRLS (NO B TEAMS ALOUD.)

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

LIMINTATIONS: You may enter 3 in event and 1 relay team. There will be 2 divisions boys and girls. **YOU CANNOT USE TAPE ON THE TRACK, LONG JUMP, OR POLE VAULT RUNWAYS.**

MEDALS AND TROPHIES: Awarded to 1st thru 3rd places in all events. Trophies will be awarded to 1st place teams in each division.

TEAM POINTS AND EQUIPMENT: Awarded to 1st thru 6th places we will score individual 10-8-6-4-2-1 relays will double. Starting blocks will be furnished and **YOU MUST WEAR 1/4” SPIKES OR SMALLER, NO NEEDLE SPIKES. OSSAA RULES APPLY** There will be a coaches feed after the preliminaries. We hope that you can be with us for this meet.

Contact: Mike Mobra Boys Track Coach 918-346-2975
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Hager McClain Girls Track Coach 918-266-8619
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CATOOSA 3A BELOW TRACK CLASSIC

FIELD EVENTS:

9:30 am	Shot	boys-girls
	Discus	girls-boys
	Long Jump	boys-girls
	High Jump	girls-boys
	Pole Vault	boys-girls

PRELIMINARIES:

10:00 am	400 Relay	girls-boys
	3200 Relay	girls-boys (Final)
	100 Hurdles (33")	girls
	110 Hurdles (39")	boys
	100 m dash	girls-boys
	3200 run	boys (Final)
	800 Relay	girls-boys (Final)
	3200 run	girls (Final)
	200 m dash	girls-boys

45 minute break

45 minute break

45 minute break

FINALS:

400 Relay	girls-boys
800 run	girls-boys
100 Hurdles (33")	girls
110 Hurdles (39")	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