

Friday, March 29th, 2018 @ 10:00

On behalf of the Choctaw/Nicoma Park Public Schools we would like to extend an invitation to participate in our track meet. You must e-mail to confirm that you are coming and to verify that there is room. This is a sanctioned meet, so OSSAA rules will apply.

<u>ATTENTION COACHES:</u> Schools planning to attend this meet must submit their entries by Thursday, March 28th, 2019 at <u>www.runendurousa.com</u>.

Time Line: 10:00 Coaches meeting (North end of the football field)

10:30 All events running and field begin

General:

- * Limited to 15 teams.
- * 4 event limit per contestant
- * Each school may enter 3 individuals per event
- * Runners will be heated up on the north end of the football field
- * Awards will be picked up at the press box following the 1600-meter relay
- * Medals will be awarded to the top three places in open events and relays
- * A trophy will be awarded to the winning team for each boys and girls' team.
- Shot, disc, and long jump will get 3 attempts in the prelims. Top 8 will have 3 additional attempts in finals and top throw/jump will carry over to finals.
- * There will be 2 divisions, Varsity boys and Varsity girls; \$90.00 for boys and \$90.00 for girls' teams.

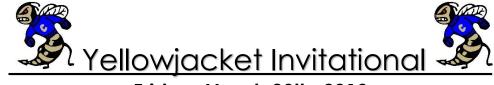
If you plan on attending......**Please** do the following:

- You must notify Jay Reaves and/or Mona Kelly that you plan to attend at <u>ireaves@cnpschools.org</u> and/or <u>mkelly@cnpschools.org</u>
- You must have all your athletes listed on <u>www.runendurousa.com</u> at least one day prior to meet

Entry Fee: \$90.00 per team. Make checks to: Choctaw Athletics

Mail payment to: Choctaw/Nicoma Park Public Schools Choctaw Athletics Attn: Mike Hessman 14300 NE 10th Choctaw, OK 73020

If you have any questions concerning the meet, please call the AD office and ask for Brandie at 405-390-6120.



Friday, March 29th, 2018 Schedule of Events

10:00 Coaches Meeting

10:30 Running and Field events

Field Events at 10:30

- High Jump Boys-Girls
- Long Jump Girls-Boys
- Discus Girls-Boys
- Shot Boys-Girls
- Pole Vault Boys-Girls

Running Events 10:30

4x100 Relay	Girls-Boys
4x800 Relay	Girls-Boys
100 Hurdles	Girls
110 Hurdles	Boys
3200 Run	Girls-Boys
4x200 Relay	Girls-Boys
800 Run	Girls-Boys
100 Dash	Girls-Boys
400 Dash	Girls-Boys
300 Hurdles	Girls-Boys
200 Dash	Girls-Boys
1600 Run	Girls-Boys
4x400Relay	Girls-Boys