



YELLOWJACKET INVITATIONAL



THURSDAY, APRIL 18, 2019

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.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on www.endurousa.com. ****This is a roster entries meet – you must register thru www.endurousa.com.** The **online entry deadline** is Wednesday, April 17th by 6:00pm. If you need assistance with your ENDURO USA account, contact Kevin McWatters at kevin@runenduro.com

NEW THIS YEAR: Be sure to visit our meet's "PREVIEW" window on the ENDURO USA™ website immediately before departing for our meet for any last minute information that might affect our meet – such as bad weather, etc.

Time Line: **9:30 Coaches meeting (North end of the football field)**
 10:00 All events (running and field) begin

General:

- 4 event limit per contestant
- Each school may enter 3 individuals per event
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
- 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 plaque will be awarded to the winning team for each boys and girls' team.
- Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals.

There will be 4 divisions, 7th & 8th Grade Girls, 7th & 8th Grade Boys; - - - **\$70.00 for boys' and \$70.00 for girls' teams.** - - - **If you bring all four teams the cost is \$280.00 per school.**

Mail payment to:

Choctaw-Nicoma Park Public Schools
Choctaw Athletics
Attn: Mike Hessman
14300 NE 10th
Choctaw, OK 73020



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If you plan on attending, you must do the following:

1. You must notify **Tim McCall** and/or **Marcie Simpson** that you plan to attend at tmccall@cnpsschools.org and/or msimpson@cnpsschools.org
2. You must have all your athletes entered in the meet at www.endurousa.com on or before the **online entry deadline**: Wednesday, April 17th at 6:00pm.
Be sure to visit our meet's "**PREVIEW**" window immediately before departing for our meet for any last minute information that might affect our meet - such as bad weather, etc.

If you have any questions concerning the meet, please call the AD office and ask for Brandi at **405-390-6120**, Coach Simpson at **405-640-0083** or Tim McCall at **405-405-1521**

Schedule of Events

9:30 - Coaches Meeting

10:00 - Running and Field events

Field Event

High Jump Boys-Girls 8th Boys, 7th Boys, 8th Girls, 7th Girls

Long Jump Girls-Boys 8th Girls, 7th Girls, 8th Boys, 7th Boys

Boys Discus Girls-Boys 7th Girls, 8th Girls, 7th Boys, 8th Boys

Shot Boys-Girls 7th Boys, 8th Boys, 7th Girls, 8th Girls

Pole Vault Boys-Girls 7th Boys, 8th Boys, 7th Girls, 8th Girls

Running Events

4x100 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

4x800 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

100 Hurdles 7th Girls, 8th Girls

110 Hurdles 7th Boys, 8th Boys

4x200 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

800 Run 7th Girls, 8th Girls, 7th Boys, 8th Boys

100 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys

400 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys

300 Hurdles 7th Girls, 8th Girls, 7th Boys, 8th Boys

200 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys

1600 Run 7th Girls, 8th Girls, 7th Boys, 8th Boys

4x400 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys