



# CACHE 7<sup>TH</sup> & JUNIOR HIGH SCHOOL



## Boys and Girls Invitational Track Meet Tuesday, March 24<sup>th</sup>, 2020

Date: Tuesday, March 24<sup>th</sup>, 2020

Time: Coaches Meeting 9:00 am, Field Events 9:30 am, Running Events 10:00 am

Attending: If you Plan to attend this meet, you must notify Lonnie Nunley at (580) 512-4710 or [Lonnie.nunley@cacheps.org](mailto:Lonnie.nunley@cacheps.org)

Entries: All entries are online at: [www.endurousa.com](http://www.endurousa.com) (see below for more details)

Entry Fee: \$70.00 per division. \$10.00 an individual

Divisions: There will be four (4) divisions: 7<sup>th</sup> boys, JH boys, 7<sup>th</sup> girls, JH girls

Limitations: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) in each relay. Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

Awards: Medals will be awarded to the top five (5) in each event. **No Team Plaques.**

Team Points: Individual events: 10-8-6-4-2-1 and Relays 20-16-12-8-4-2

Our on-line Entry DEADLINE is **Monday, March 23<sup>RD</sup> @ 6pm**. All entries will be CLOSED at 6pm!

**No late entries accepted.** - You must complete ALL the steps on our meet's "**ENTRIES Window**" – including the "**VERIFICATION**" step. If your team/school does not complete all the steps - - - including the "**VERIFICATION**" step, your school/team will not be entered – and - can NOT be entered manually by our timing crew at the meet. – **NO exceptions**. - - - If you need assistance with your ENDURO USA™ account, contact Kevin McWatters at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

**PREVIEW window:** Immediately before departing for our meet, please view our meet's PREVIEW window for last minute changes that could affect the meet. To find our **PREVIEW window**, click on our meet (on the right side of the window) after logging into your ENDURO USA™ account.



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## Boys and Girls Invitational Track Meet

Tuesday, March 24<sup>th</sup>, 2020

Entry fee           \$ 75.00 7<sup>th</sup> Boys  
                       \$ 75.00 7<sup>th</sup> Girls  
                       \$ 75.00 JH Boys  
                       \$ 75.00 JH Girls  
                       \$ 10.00 Individual

Mail to:           Cache High School  
                       C/O: Lonnie Nunley  
                       102 E H Street  
                       Cache, OK 73526

School \_\_\_\_\_

Coaches \_\_\_\_\_

7<sup>th</sup> Boys Division \_\_\_\_\_

7<sup>th</sup> Girls Division \_\_\_\_\_

JH Boys Division \_\_\_\_\_

JH Girls Division \_\_\_\_\_



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### Order of Events

#### Field Events: (9:30 am)

Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

|            |                  |
|------------|------------------|
| Shot Put   | 7B, JHB, 7G, JHG |
| Discus     | 7G, JHG, 7B, JHB |
| Long Jump  | 7G, JHG, 7B, JHB |
| High Jump  | 7B, JHB, 7G, JHG |
| Pole Vault | 7B, JHB, 7G, JHG |

#### TIMED FINALS

|                |                  |
|----------------|------------------|
| 400 Relay      | 7G, JHG, 7B, JHB |
| 3200 Relay     | 7G, JHG, 7B, JHB |
| 100 Hurdles    | 7G, JHG          |
| 110 Hurdles    | 7B, JHB          |
| 3200 Meter Run | JHG, JHB         |
| 800 Relay      | 7G, JHG, 7B, JHB |
| 800 Run        | 7G, JHG, 7B, JHB |
| 100 Dash       | 7G, JHG, 7B, JHB |
| 400 Dash       | 7G, JHG, 7B, JHB |
| 300 Hurdles    | 7G, JHG, 7B, JHB |
| 200 Dash       | 7G, JHG, 7B, JHB |
| 1600 Run       | 7G, JHG, 7B, JHB |
| 1600 Relay     | 7G, JHG, 7B, JHB |