



**CATOOSA JR. HIGH TRACK CLASSIC
7TH & 8TH BOYS AND GIRLS
MONDAY APRIL, 6TH 2020**



**On behalf of the Catoosa Public School System
we would like to extend to you, and your teams, an invitation
to participate in our Junior High School boys & girls track meet.
The following will give you the information you need for this track meet.**

All entries will be online on the ENDURO USA™ website: www.endurousa.com

ATTENTION COACHES: **the on-line Entry DEADLINE for our meet is April 3rd @ 6pm (Friday).** All entries will be CLOSED at 6pm! - - - No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing **ALL the Steps** on our meet's "ENTRIES Window". If your team/school does not complete **all the steps** on our meet's "Entries Window", it means your students ARE NOT ENTERED. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com - - -

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last-minute changes that affect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

ENTRY FEE: \$85 per team. There will be 4 divisions 7th girls, 8th girls, 7th boys, 8th boys; Make checks payable to Catoosa Public School Track Program

TIME: Coaches Meeting will be at 10:30 A.M.; The meeting will be held in the Twist Center just east of the track. The field events will begin a 11:00 A.M.; The Running events will begin at 12:00 P.M.;

LIMITATIONS: Each contestant is limited to 4 events, including relays. In order to keep the track meet moving there will not be any prelims in shot, discus, or long jump. Each athlete will be aloud 3 throws or 3 jumps and the top six will score. If there is a large number of entries we will divide the athletes up into flights of 8. If the athlete does not reach the qualifying mark he or she will be required to throw or jump again. All running events will be timed finals, no prelims.

TEAM POINTS: We will score individual events (10-8-6-4-2); Relays will be double points. Medals will be awarded to 1st, 2nd, and 3rd place. Trophies or plaques will be awarded to 1st place of each division.

RULES, REGULATIONS & EQUIPMENT: OSSAA rules will apply; you must wear 1/4 inch spikes. Please do not put tape on the track or runways.

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

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CATOOSA JR HIGH TRACK MEET

7TH & 8TH BOYS AND GIRLS

COACHES MEETING: 10:30 A.M. TWIST CENTER

FIELD EVENTS:

11:00 A.M.	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

12:00 P.M.	100 M HURDLES	7G-8G
	110 M HURDLES	7B-8B
	3200 M RELAY	7G-8G-7B-8B
	400 M RELAY	7G-8G-7B-8B
	800 M RUN	7G-8G-7B-8B
	100 M DASH	7G-8G-7B-8B

BREAK: 20 MIN.

400 M DASH	7G-8G-7B-8B
800 M RELAY	7G-8G-7B-8B
1600 M RUN	7G-8G
300 M HURDLES	7G-8G-7B-8B
200 M DASH	7G-8G-7B-8B
1600 M RUN	7B-8B
1600 M RELAY	7G-8G-7B-8B