



# YELLOWJACKET INVITATIONAL



**THURSDAY APRIL 16, 2020**

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 your School is **attending** and to verify that there is room. This is a sanctioned meet, so OSSAA rules will apply. **The number of schools attending will be limited to the first 12 schools that reserve their spot in the track meet. Contact emails are:**

[msimpson@cnpsschools.org](mailto:msimpson@cnpsschools.org) [mmcfarland@cnpsschools.org](mailto:mmcfarland@cnpsschools.org) [tmccall@cnpsschools.org](mailto:tmccall@cnpsschools.org)  
[jdurant@cnpsschools.org](mailto:jdurant@cnpsschools.org) or [rarms@cnpsschools.org](mailto:rarms@cnpsschools.org)

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries on [www.enduroussa.com](http://www.enduroussa.com). ***\*\*This is a roster entries meet – you must register thru www.enduroussa.com.*** The entry deadline for the Meet is Wednesday, April 15th by 6:00pm.

**Time: 9:30 a.m. Coaches meeting (North End of the Football Field)**  
**10:00 a.m. 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 four 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**

**Address: 14300 NE 10th Street**

**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@cnpschools.org](mailto:tmccall@cnpschools.org) and/or [msimpson@cnpschools.org](mailto:msimpson@cnpschools.org)
2. You must have all your athletes listed on [www.enduroussa.com](http://www.enduroussa.com) by 6:00pm on Wednesday.

If you have any questions concerning the meet, please call the AD office and ask for **Brandi** at **405-390-6812** or **Coach Simpson** at **405-640-0083** or **Tim McCall** at **405-401-1521**

# **Schedule of Events**

**9:30 a.m.:** Coaches Meeting      **10 a.m.:** Running and Field Events

## **Field Events at 10 a.m.**

<i>High Jump</i>	<i>Boys, Girls: 8th Boys, 7th Boys, 8th Girls, 7th Girls</i>
<i>Long Jump</i>	<i>Girls, Boys: 8th Girls, 7th Girls, 8th Boys, 7th Boys</i>
<i>Discus</i>	<i>Girls, Boys: 7th Girls, 8th Girls, 7th Boys, 8th Boys</i>
<i>Shot</i>	<i>Boys, Girls: 7th Boys, 8th Boys, 7th Girls, 8th Girls</i>
<i>Pole Vault</i>	<i>Boys, Girls: 7th Boys, 8th Boys, 7th Girls, 8th Girls</i>

## **Running Events at 10 a.m.**

<b>4x100 Relay</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>4x800 Relay</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>100 Hurdles</b>	<b>7th Girls, 8th Girls</b>
<b>110 Hurdles</b>	<b>7th Boys, 8th Boys</b>
<b>4x200 Relay</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>800 Run</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>100 Dash</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>400 Dash</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>300 Hurdles</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>200 Dash</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>1600 Run</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>4x400 Relay</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>