



CATOOSA TRACK CLASSIC

FRIDAY, APRIL 2nd, 2021

TO BE HELD AT THE MIKE MOBRA TRACK COMPLEX

MEET WILL START AT 9:30 A.M.

On behalf of the Catoosa Public School system, we would like to extend to you and your teams an invitation to participate in our Track Classic, Friday April 2nd, 2021. Because of COVID we are going to change to one division 5A & below Girls/Boys and limit the teams to 12 in order to keep the track meet smaller.

Schools planning to attend this meet must submit their entries on enduroentries.com website. This is a roster entry meet. The online entry deadline will be Thursday, April 1st, @ 4:00 p.m. . No late entries accepted. We will accept the first 12 teams that enter on line. All entries must be completed online at: www.endurousa.com Be sure to complete ALL steps on the "Entries Window" - including the "Verification" step. If you do not complete the "Verification" step, your athletes are not entered. If you need assistance with your ENDURO USA account, email Kevin McWatters at: kevin@runenduro.com.

ENTRY FEE: \$100.00 per team. There will be ONE division, 5A and below Girls & Boys; Make checks Payable to Catoosa High School Track .

TIME: All teams report to the Catoosa Football Field by 9:00 A.M. for the Coaches meeting, to be held in The Twist Center, just east of the track. Field Events will start at 9:30 A.M.; Running Events will start a 11:00 A.M. There will be Preliminaries and Finals in the Long Jump, Shot Put, and Discus, we will take 8 to the finals. NO PRELIMS IN THE RUNNING EVENTS, THIS WILL BE A TIMED FINALS TRACK MEET.

AWARDS & TEAM POINTS: Medals will be awarded to 1st - 3rd in all events. 1st place trophy for boys division and girls division. Team points will be given 1st - 6 places: 10-8-6-4-2-1; Relays will be 20-16-12-8-4-2;

RULES & REGULATIONS: OSSAA Rules will apply; you must wear 1/4 spikes or smaller, (No needle spikes). Please do not use tape on the track or the runways of the Long Jump, High Jump, and Pole Vault.

CONTACTS: David Heath Head Boys Track or Courtne St. Clair, A.D.

Phone: 918-869-7958

dheath@catoosa.k12.ok.us

Phone: 580-656-6466

cstclair@catoosa.k12.ok.us

CATOOSA TRACK CLASSIC

COACHES MEETING: 9:00 A.M.

FIELD EVENTS:

9:30 A.M.

| | |
|------------|-------------|
| HIGH JUMP | BOYS, GIRLS |
| LONG JUMP | GIRLS, BOYS |
| SHOT | BOYS, GIRLS |
| DISCUS | GIRLS, BOYS |
| POLE VAULT | GIRLS, BOYS |

RUNNING EVENTS:

11:00 A.M.

| | |
|---------------|-------------|
| 400m RELAY | GIRLS, BOYS |
| 3200 M RELAY | GIRLS, BOYS |
| 100 M HURDLES | GIRLS |
| 110 M HURDLES | BOYS |
| 100 M DASH | GIRLS, BOYS |
| 3200 M RUN | GIRLS |
| 800 M RELAY | GIRLS, BOYS |
| 3200 M RUN | BOYS |

BREAK 30 MIN.

| | |
|---------------|-------------|
| 800 M RUN | GIRLS, BOYS |
| 400 M DASH | GIRLS, BOYS |
| 300 M HURDLES | GIRLS, BOYS |
| 200 M DASH | GIRLS, BOYS |
| 1600 M RUN | GIRLS, BOYS |
| 1600 M RELAY | GIRLS, BOYS |