

WAMPUS CAT INVITATIONAL

April 15th, 2022

UPDATE: THERE WILL BE NO ONLINE REGISTRATION FOR THIS MEET. IT WILL STILL BE AUTOMATED BUT WE WILL SIGN YOU UP AT THE HEATING AREA.

Coaches, we are proud to invite you to our third annual Wampus Cat Invitational in our new sports facility with an eight-lane all-weather track, and new throwing and jumping areas. --- Coaches meeting at **9:00**, in the Field House. Field events to start at 9:30. Running events start at 10:00 *****We are using a "Regional Format" see order of events*****

You must contact one of the coaches below to inform us of your attendance.

- There will be Two divisions- Varsity Girls and Varsity Boys.
- Entry Fee: \$90.00 per division \$15:00 individual
- ON-LINE ENTRES Entry Deadline: day before the meet (April 14th) @ 5pm. (see below)
- Medals given to the **top 3 relay** teams and **top 5 individual events**.
- Starting heights and distances to be determined at coaches meeting.
- Three preliminary throws or jumps, top 8 get three additional throws or jumps in the finals.
- Hospitality room provided for coaches and administrators in the Field House.
- ¼ inch spikes or shorter only- starting blocks will be provided.
- Bus Parking will be behind the home bleachers on the west side of the stadium.
- Only athletes who are warming up, competing, or cooling down permitted on the infield. NO camps allowed on infield.

OSSAA Rules apply

If you plan on attending, need further information, or in case of inclement weather, please contact one of these coaches: Chet Braudrick - Office 580-889-3361 -or- Cell 580-889-0054 /AD Russ Harrison - 580-889-3361

Field Events 9:30

Shot G-B

Discus B-G

High Jump G-B

Long Jump B-G

Pole Vault B-G

Running Events 9:45

400 Relay - Girls, Boys

3200 Relay - Girls, Boys (Final)

100 H. Hurdles - 33"

Girls 110 H. Hurdles - 39"

Boys 100 Dash - Girls,

Boys 3200 Meter Run - Boys (Final)

800 Relay - Girls, Boys (Final)

3200 Meter Run - Girls (Final)

200 Meter Dash - Girls, Boys

Break for 45 minutes

400 Meter Relay - Girls, Boys

800 Meter Run - Girls, Boys

100 Meter Hurdles –Girls

110 Meter Hurdles – Boys

100 Meter Dash - Girls, Boys

400 Meter Dash - Girls, Boys

300 Meter Low Hurdles - Girls

300 Meter Int. Hurdles – Boys

200 Meter Dash - Girls, Boys

1600 Meter Run - Girls, Boys

*Throwers Relay at least 1 female per team (all members must compete in either shot put or discus)

1600 Meter Relay - Girls, Boys