



YELLOWJACKET INVITATIONAL

TUESDAY, APRIL 12, 2022



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 you are coming and to verify that there is room. This is a sanctioned meet, so OSSAA rules will apply.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. --- **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** --- **ONLINE ENTRIES DEADLINE:** the day before the meet @ 5:00pm. - Complete ALL of the steps on the "Entries Window". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to: kevin@runenduro.com --- or message Kevin through your ENDURO USA™ account.

Time Line: 9:30 Coaches meeting (North end of the football field)
 10:00 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 trophy 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;
\$75.00 for boys' and \$75.00 for girls' teams. If you bring all four teams the cost is \$300.00 per school.

Mail payment to:

Choctaw-Nicoma Park Public Schools
Choctaw Athletics
Attn: Mike Hessman
14300 NE 10th
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 **Sierra Bledsoe** that you plan to attend at tmccall@cnpschools.org and/or sbledsoe@cnpschools.org

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Schedule of Events

9:30: Coaches Meeting

10:00: Running and Field events

Field Events at 10:00

High Jump Boys-Girls 8th Boys 7th Boys 8th Girls 7th Girls

Long Jump Girls-Boys 8th Girls 7th Girls 8th Boys 7th Boys

Discus Girls-Boys 7th Girls 8th Girls 7th Boys 8th Boys

Shot Put Boys-Girls 7th Boys 8th Boys 7th Girls 8th Girls

Pole Vault Boys-Girls 7th Boys 8th Boys 7th Girls 8th Girls

Running Events at 10:00

4x100 Relay 7th Girls 8th Girls 7th Boys 8th Boys

4x800 Relay 7th Girls 8th Girls 7th Boys 8th Boys

100 Hurdles 7th Girls 8th Girls

110 Hurdles 7th Boys 8th Boys

4x200 Relay 7th Girls 8th Girls 7th Boys 8th Boys

800 Run 7th Girls 8th Girls 7th Boys 8th Boys

100 Dash 7th Girls 8th Girls 7th Boys 8th Boys

400 Dash 7th Girls 8th Girls 7th Boys 8th Boys

300 Hurdles 7th Girls 8th Girls 7th Boys 8th Boys

200 Dash 7th Girls 8th Girls 7th Boys 8th Boys

1600 Run 7th Girls 8th Girls 7th Boys 8th Boys

4x400 Relay 7th Girls 8th Girls 7th Boys 8th Boys