

# WAMPUS CAT INVITATIONAL

**April 14th, 2023**

Coaches, we are proud to invite you to our fourth annual Wampus Cat Invitational.

Coaches meeting at **9:00**, in the Field House. Field events to start at 9:30. Running events start at 9:45

**\*\*\*We are using a "Regional Format" see order of events\*\*\***

PLEASE 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 up to 4 athletes per division
- **ON-LINE ENTRES Entry Deadline: day before the meet (April 13th) @ 1pm. (see below)**
- Medals given to the **top 5 in all events**. Throwers relay will receive medals as well
- 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. Shot, Disc, and Long Jump will be measured digitally.
- 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 and in the lower parking lot.
- Only athletes who are warming up, competing, or cooling down permitted on the infield. NO camps allowed on infield.
- If there are less than 8 teams in the 4X100 it will be moved to a Final after the break

**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 Taggart Lockhart - 580-889-3361**

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Thursday, April 13<sup>th</sup> @ 1pm.**

((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the "**ENTRIES Window**" – including the "**Verification Step**". If the "Verification Step" is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: [www.endurousa.com](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)

**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 Final

800 Meter Run - Girls, Boys

100 Meter Hurdles –Girls Final

110 Meter Hurdles – Boys Final

100 Meter Dash - Girls, Boys Final

400 Meter Dash - Girls, Boys

300 Meter Low Hurdles - Girls

300 Meter Int. Hurdles – Boys

200 Meter Dash - Girls, Boys Final

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