



CACHE 7TH & JUNIOR HIGH SCHOOL



Boys and Girls Invitational Track Meet Tuesday, March 21, 2023

- Date: Tuesday, March 21, 2023
- Time: Coaches Meeting 9:00 am, Field Events 9:30 am, Running Events 10:00 am
- Entry Fee: \$75.00 per division. \$15.00 an individual (4 or less)
- Divisions: There will be four (4) divisions: 7th boys, JH boys, 7th girls, JH girls. **This meet is open to the first 20 teams that are interested in attending.**
- Limitations: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) in each relay. Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.
- Awards: Medals will be awarded to the top five (5) in each event. Team trophies will be awarded to the first place teams in each division.
- Team Points: Individual events: 10-8-6-5-4-3-2-1 and double for relays.

IMPORTANT: Schools planning to attend this meet must submit their entries at www.enduroentries.com (TrackRoster) by completing Steps 1-5. The entry deadline for this meet is March 20, 2023 at 6:00pm ---- www.enduroentries.com

If you plan to attend this meet, you must notify Athletic Director Lisa O'Kelley at (903) 915-0519 or lisa.okelley@cacheps.org, Coach Chris Huff at (580) 351-7661 or chris.huff@cacheps.org, Coach Tanner Thompson at (580) 678-1436 or tanner.thompson@cacheps.org



CACHE 7TH & JUNIOR HIGH SCHOOL



Boys and Girls Invitational Track Meet

Tuesday, March 21, 2023

Entry fee \$ 75.00 7th Boys
 \$ 75.00 7th Girls
 \$ 75.00 JH Boys
 \$ 75.00 JH Girls
 \$ 15.00 Individual (4 or less)

Mail to: Cache High School
 C/O: Lisa O'Kelley
 102 E H Street
 Cache, OK 73527

School _____

Coaches _____

7th Boys Division _____

7th Girls Division _____

JH Boys Division _____

JH Girls Division _____



CACHE 7TH & JUNIOR HIGH SCHOOL



Boys and Girls Invitational Track Meet Tuesday, March 21, 2023

Order of Events

Field Events: (9:30 am)

Three (3) throws will be allowed in the shot/discus and three (3) jumps in the long jump.

Shot Put	7B, JHB, 7G, JHG
Discus	7G, JHG, 7B, JHB
Long Jump	7G, JHG, 7B, JHB
High Jump	7B, JHB, 7G, JHG
Pole Vault	7B, JHB, 7G, JHG

Running Events: (10:00 am)

TIMED FINALS

400 Relay	7G, JHG, 7B, JHB
3200 Relay	7G, JHG, 7B, JHB
100 Hurdles	7G, JHG
110 Hurdles	7B, JHB
3200 Meter Run	JHG, JHB
800 Relay	7G, JHG, 7B, JHB
800 Run	7G, JHG, 7B, JHB
100 Dash	7G, JHG, 7B, JHB
400 Dash	7G, JHG, 7B, JHB
300 Hurdles	7G, JHG, 7B, JHB
200 Dash	7G, JHG, 7B, JHB
1600 Run	7G, JHG, 7B, JHB
1600 Relay	7G, JHG, 7B, JHB