



# CACHE HIGH SCHOOL



## Boys and Girls Invitational Track Meet Thursday, March 23, 2023

Coaches:

Cache High School would like to extend an invitation to the Cache High School Boys and Girls Invitational Track Meet, on Thursday, March 23, 2023.

All association rules will apply. Each school is permitted to enter three contestants per event.

**This year we are having two divisions. Large School and Small School. 4A-6A schools will compete as Large School, B-3A schools will compete as Small School. This meet is open to the first 12 teams in each division that are interested in attending.**

Team trophies will be awarded for the first place teams in each division. Individual medals will be given to the first three places in each event. Scoring will be 10-8-6-5-4-3-2-1 and double for relays.

Field events will begin at 9:30am. There will be a coaches meeting on the football field (heating benches) at 9:00am. Running events will begin at 10:00am.

**IMPORTANT:** Schools planning to attend this meet must submit their entries at [www.enduroentries.com](http://www.enduroentries.com) (TrackRoster) by completing Steps 1-5. The entry deadline for this meet is March 22, 2023 at 6:00 pm ---- [www.enduroentries.com](http://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@cachehs.org](mailto:lisa.okelley@cachehs.org), Coach Chris Huff at (580) 351-7661 or [chris.huff@cachehs.org](mailto:chris.huff@cachehs.org), Coach Tanner Thompson at (580) 678-1436 or [tanner.thompson@cachehs.org](mailto:tanner.thompson@cachehs.org)

Entry fee	\$ 125.00 Boys
	\$ 125.00 Girls
	\$ 75.00 for each B Team (Will need to contact to verify.)
	\$ 15.00 Individual (4 or less)

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



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                          \$ 125.00 Girls  
                          \$ 75.00 for each B Team  
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Mail to:            Cache High School  
                          C/O: Lisa O'Kelley  
                          102 E H Street  
                          Cache, OK 73527

School \_\_\_\_\_

Coaches \_\_\_\_\_

Boys Division \_\_\_\_\_

Girls Division \_\_\_\_\_



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Coaches Meeting: 9:00 am (Heating benches)

### Field Events: (9:30 am)

Shot Put	Large boys,	Small boys,	Small girls,	Large girls
Discus	Small girls,	Large girls,	Large boys,	Small boys
Long Jump	Small boys,	Large boys,	Large girls,	Small girls
High Jump	Large girls,	Small girls,	Small boys,	Large boys
Pole Vault	Large boys,	Small boys,	Small girls,	Large girls

### Running Events: (10:00 am)

#### TIMED FINALS

400 Meter Relay	Small Girls, Large Girls, Small Boys, Large Boys
3200 Meter Relay	Small Girls, Large Girls, Small Boys, Large Boys
100 Meter Hurdles	Small Girls, Large Girls, Small Boys, Large Boys
110 Meter Hurdles	Small Girls, Large Girls, Small Boys, Large Boys
3200 Meter Run	Small Boys, Large Boys
800 Meter Relay	Small Girls, Large Girls, Small Boys, Large Boys
800 Meter Run	Small Girls, Large Girls, Small Boys, Large Boys
100 Meter Dash	Small Girls, Large Girls, Small Boys, Large Boys
3200 Meter Run	Small Girls, Large Girls
400 Meter Dash	Small Girls, Large Girls, Small Boys, Large Boys
300 Meter Hurdles	30" Small Girls, Large Girls
300 Meter Hurdles	36" Small Boys, Large Boys
200 Meter Dash	Small Girls, Large Girls, Small Boys, Large Boys
1600 Meter Run	Small Girls, Large Girls, Small Boys, Large Boys
1600 Meter Relay	Small Girls, Large Girls, Small Boys, Large Boys