

WAMPUS CAT INVITATIONAL

Friday, April 12th, 2024

UPDATE: Please follow this QR code and list your athletes on any blank line. This will speed up the meet by assigning them a competition number ahead of time so we will not have to type them in the system at the heating benches. If you are unable to get in the system or get them in, bring a roster and I will have students set up at the coaches meeting to put them in. https://docs.google.com/spreadsheets/d/1cQXtZjiHioFfsB_wIvRGF4I9uAy-8fYxYyQkZl-HStY/edit#gid=0

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

Coaches meeting at **8:45**, 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, or \$15:00 per individual up to 4 athletes per division
- Medals will be given to the **top 5 in all events**. Throwers relay will receive medals as well
- Starting heights and distances are to be determined at the coaches' meeting.
- Three preliminary throws or jumps, and the top 8 advance to the finals. The 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 are permitted on the infield. NO camps are allowed on the infield.
- If there are fewer 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

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 Medals for the first 5 places. (all members must compete in either shot put or discus)

1600 Meter Relay - Girls, Boys