



WAMPUS CAT INVITATIONAL

Friday, April 18th, 2025

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 start at 9:30. Running events begin at 9:45

PLEASE contact one of the coaches below to inform us of your attendance.

- This will be a timed finals meet **(no Regional Format)**
- This meet will **not** be a seeded entry meet.
- 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**. (Thrower's 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 will be 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 stadium's west side 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.

--REGISTRATION --

To register for this meet on your device, use the QR code provided, if using a computer follow the link below the QR Code



https://docs.google.com/spreadsheets/d/1Z-SaMS6zJlH-YuKGeFG_XDIqEYJSIkH72nHU1OEgeAM/edit?gid=0#gid=0

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 Jay Ray - 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

100 H. Hurdles - 33"

Girls 110 H. Hurdles - 39"

Boys 100 Dash - Girls,

Boys 3200 Meter Run - Boys

800 Relay - Girls, Boys

3200 Meter Run - Girls

200 Meter Dash - Girls, Boys

Break for 45 minutes

800 Meter Run - Girls, Boys

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 2 females per team (all members must compete in either shot put or discus)

1600 Meter Relay - Girls, Boys