

Catoosa HS/MS Track Invitational

LIMIT 15 TEAMS (4A AND BELOW)

Please email sguerrero@catoosa.k12.ok.us by April 1st to confirm attendance

Date: Thursday, April 17, 2025

Time: Coaches Meeting: 8:30am

Field Events: 9:00am

Running Events: 9:30am

Cost: \$100 per team (\$500 for all 6 divisions)

\$20 per individual

Divisions: There will be six divisions

HS Boys, HS Girls, 8th Boys, 8th Girls, 7th Boy, 7th Girls

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, April 16th @ 1pm**. Schools planning to attend must submit their entries on the [Athletic.Net](https://athletic.net) website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: cara@runenduro.com.

Participation: Each school is limited to 3 participants per event, participants may enter no more than 4 events

—starting blocks will be provided

—spikes should be ¼ or shorter

—OSSAA rules apply

Awards: Medals to the top 3 performers in each event

Plaques will be awarded to the top team in each division

Location: Catoosa Public Schools (Frank McNabb Stadium)

2000 S Cherokee St

Catoosa, OK 74015

Send entry fee to: Catoosa Athletics
Catoosa High School Attn: Sal Guerrero
2000 S Cherokee
Catoosa, OK 74015

All Participants must be registered on enduroussa.com prior to the race day

Track Coaches: Sal Guerrero (918)607-8521

****Restrooms, Concessions and Coach's hospitality room will be available**

ORDER OF EVENTS

FIELD EVENTS: 9:00AM

HIGH JUMP	7G-8G-HSG-7B-8B-HSB
LONG JUMP	7B-8B-HSB-7G-8G-HSG
SHOT	8G-7G-HSB-8B-7B-HSG
DISCUS	8B-7B-HSG-7G-8G-HSB

TIMED FINALS:

9:30AM	400M RELAY	7G-8G-HSG-7B-8B-HSB
	3200 RELAY	7G-8G-HSG-7B-8B-HSB
	100 HURDLES	7G-8G 30" HSG 33"
	110 HURDLES	7B-8B 33" HSB 39"
	3200 RUN	HSB
	800M RELAY	7G-8G-7B-8B-HSG-HSB
	800 RUN	7G-8G-HSG-7B-8B-HSB
	100 DASH	7G-8G-HSG-7B-8B-HSB

20 MIN BREAK

3200 RUN	HSB
400 DASH	7G-8G-HSG-7B-8B-HSB
300 HURDLES	7G-8G-HSG-7B-8B-HSB
200 DASH	7G-8G-HSG-7B-8B-HSB
1600 RUN	7G-8G-HSG-7B-8B-HSB (WE WILL COMBINE IF ABLE)
1600 RELAY	7G-8G-HSG-7B-8B-HSB

****CAMPSITES WILL BE UNDER THE VISITING SIDE BLEACHERS- TRASH BAGS WILL BE PROVIDED TO HELP
CLEAN UP YOUR AREA**

THANK YOU FOR YOUR PARTICIPATION