

## Sting 'Em Showcase

**Tuesday, April 22nd, 2025 @ 3:45 pm**

On behalf of the Choctaw/Nicoma Park Public Schools we would like to extend an invitation to participate in our track meet. Please e-mail to confirm that you are coming and to verify that there is room. This is a sanctioned meet, so OSSAA rules will apply.

**ATTENTION COACHES:** Submit entries by **Monday, April 21st, 2025** before **NOON!** at **MILESPLIT.COM**

**Time Line:**

3:15	Coaches meeting (South end / Scoreboard)
3:45	Fields Events Begin
4:15	Running Starts

### **General:**

- \* Limited to 12 teams.
- \* 4 event limit per athlete and school may enter 6 athletes per event
- \* Runners will be heated south end bleachers
- \* Awards picked up on the field after results post
- \* Medals awarded to top three placers
- \* Plaque awarded to Boys and Girls Team winner.
- \* Long jump, discus, and shotput will get 3 attempts in the prelims. Top 8 will have 3 additional attempts in finals and top throw/ jump will carry over to finals.
- \* There will be 8 divisions, 7,8,9,Var. boys and girls; \$100.00 per team per gender.
- \* Please notify [Brad Clark at btyler-clark@cnpsschools.org](mailto:btyler-clark@cnpsschools.org) if you plan to attend.
- \* Please have all your athletes listed on **MILESPLIT.COM** one day prior to meet.
- \* If you have any questions please call the AD office and ask for Brandi at 405-390-6812.

**Entry Fee:** \$100.00 per 7, 8, 9, Varsity teams & checks payable to:

### **Choctaw Athletics**

**Mail payment to:** Choctaw/Nicoma Park Public Schools  
Choctaw Athletics  
Attn: Todd Goolsby  
14300 NE 10<sup>th</sup>  
Choctaw, OK 73020



## Sting 'Em Showcase

### Schedule of Events

3:15 Coaches Meeting  
3:45 Field Events  
4:15 Running Starts

### Field Events at 3:45

- High Jump Girls-Boys
- Pole Vault Boys-Girls
- Long Jump Boys-Girls
- Shotput Girls-Boys
- Discus Boys-Girls

### Running Events 4:15

- 3200m Run Girls
- 40yd Dash Girls-Boys
- 800m Run Girls-Boys
- 100m Hurdles Girls
- 110m Hurdles Boys
- 100m Dash Girls-Boys
- 3200m Run Boys
- 400m Dash Girls-Boys
- 300m Hurdles Girls-Boys
- 1600m Run Boys
- Throwers Relay Girls-Boys
- 200m Dash Girls-Boys