

Sting 'Em Sprint Showcase

Thursday, April 24th, 2025 @ 3:45 pm

On behalf of the Choctaw/Nicomma 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 **Wednesday, April 23rd, 2025** before **NOON!** at **MILESPLIT.COM**

Time Line: 3:15 Coaches meeting in football fieldhouse
3:45 Fields Events Begin
4:15 Running Starts

General:

- * Limited to 12 teams.
- * 4 event limit per athlete and school may enter 3 athletes per event
- * Relays only 1 entry per team. Sprint Relay: 100, 100, 200, 400
- * Runners will be heated up north end of the football field
- * Awards picked up at press box following the mile relay
- * Medals awarded to top three placers
- * Plaque awarded to Boys and Girls Team winner.
- * Long jump 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 10 divisions, 7,8,9,JV,Var boys and 7,8,9,JV,Var girls: \$100.00 per boys and \$100.00 for girls' teams - **\$1,000 total.**
- * Please notify [Brad Clark](mailto:Brad.Clark@btyler-clark@cnpschools.org) at btyler-clark@cnpschools.org and/or (918) 894-1300 if you plan to attend.
- * Please have all your athletes listed on www.enduroussa.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, JV, Varsity teams & checks payable to:

Choctaw Athletics

Mail payment to:

Choctaw/Nicomma Park Public Schools
Choctaw Athletics
Attn: Todd Goolsby
14300 NE 10th
Choctaw, OK 73020



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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

Running Events 4:15

4x100 Relay Girls-Boys
100 Hurdles Girls
110 Hurdles Boys
200 Dash Girls-Boys
Sprint Medley Girls-Boys

30 Min. Break

100 Dash Girls-Boys
400 Dash Girls-Boys
4x200 Relay Girls-Boys
300 Hurdles Girls-Boys
4x400 Mixed Relay Girls-Boys