

# 2026 JH Sting Em Showcase

## Tuesday, April 7th

On behalf of the Choctaw/Nicoma Park Public Schools we would like to extend an invitation to participate in our track meet. Please email to confirm that you are coming and to verify that there is room. This is a sanctioned meet, so OSSAA rules will apply. This is an OPEN Showcase and we will have NO Relays.

**ATTENTION COACHES:** Submit SEEDED entries by MONDAY, April 6th, 2026 by 1pm at [ATHLETIC.NET](http://ATHLETIC.NET). LATE ENTRIES WILL NOT BE ACCEPTED!

### Schedule:

**3:30 Coaches meeting in Band Storage Building SW Corner of Stadium**

**3:45 Field Events Begin**

**4:00 Running Begins (Rolling Schedule)**

### General:

- **4 event limit per athlete and school may enter 3 athletes per event**
- **This is an OPEN Showcase and We will have NO RELAYS.**
- Runners will be heated up South End Zone Band Stands (Near Videoboard)
- Awards picked up at press box following the mile relay
- Medals awarded to top three placers
- Plaque awarded to Boys and Girls Team both 7th Grade and 8th Division winners.
- Long jump will get 4 attempts in the prelims and there will be NO FINALS.
- There will be 4 divisions, 7th/8th Boys and 7th/8th Girls; \$100 per boys and \$100 for girls' teams - **\$400 Total for Both Grades & Genders.**
- Please notify Brad Clark at [btyler-clark@cnpsschools.org](mailto:btyler-clark@cnpsschools.org) and/or (918) 894-1300 if you plan to attend.
- Please have all your athletes listed SEEDED on [www.athletic.net](http://www.athletic.net) by 1pm Wednesday.
- If you have any questions please call the AD office and ask for Brandi at 405-390-6812.
- Entry Fee: \$100.00 per 7th/8th Teams & Per Gender.

**Checks payable to:** Choctaw Athletics

**Mail payment to:** Choctaw/Nicoma Park Public Schools

**Choctaw Athletics Attn:** Todd Goolsby 14300 NE 10th Choctaw, OK 73020

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### ORDER OF EVENTS

Field Events: Approx. 3:45pm, Running Events: Approx. 4:00pm

**Field Events: Girls Divisions first, followed by Boys Divisions (Unless Stated)**

Shotput: 7th Girls, 8th Girls - 7th Boys, 8th Boys

Discus: 7th Boys, 8th Boys - 7th Girls, 8th Girls

High Jump: 7th Girls, 8th Girls - 7th Boys, 8th Boys

Pole Vault: 7th Boys, 8th Boys - 7th Girls, 8th Boys

Long Jump: 7th Boys, 8th Boys - 7th Girls, 8th Boys

**Running Events: Girls Divisions first, followed by Boys Divisions**

100 Inter. Hurdles - 7th Girls/8th Girls, 7th Boys/8th Boys

110 High Hurdles - 7th Girls/8th Girls, 7th Boys/8th Boys

100M Dash - 7th Girls/8th Girls, 7th Boys/8th Boys

3200 Run - **\*Possible Combined Races - Girls, Boys**

800 Run - **\*Possible Combined Races - Girls, Boys**

400 Dash - 7th Girls/8th Girls, 7th Boys/8th Boys

300 Low Hurdles - 7th Girls/8th Girls, 7th Boys/8th Boys

300 Inter. Hurdles - 7th Girls/8th Girls, 7th Boys/8th Boys

200 Dash - 7th Girls/8th Girls, 7th Boys/8th Boys

1600 Run - **\*Possible Combined Races - Girls, Boys**