

2026 JAGUAR THROWS FESTIVAL

TUESDAY, MARCH 10TH

THROWER'S MEET @ WESTMOORE

The Westmoore Track & Field Program would like to extend an invite to compete in the *Inaugural Jaguar Throws Festival*.

Please email any questions to Coach Dakota Kappelle (dakotakappelle@mooreschools.com) or Coach Missy Smith (missy.l.smith17@gmail.com).

Online Entries

- ⇒ Submit all entries on athletic.net. **Entries due 3/9 at 5:00PM - last second changes allowed on your own (on your phone) until meet starts.** If you need assistance with online entries, email cara@runenduro.com.

Entries

- ⇒ 2 Divisions: Varsity Boys / Varsity Girls
- ⇒ 3 athletes per event
- ⇒ **\$60 per team (Boys & Girls teams separate)**
 - \$10 per athlete if bringing less than 6 athletes per Division
- ⇒ **SPECTATORS** - No gate fee *but we encourage visiting the concession stand*

Implement Specs

- ⇒ Boys Shot - **12lb** // Boys Disc - **1.6k**
- ⇒ Girls Shot - **4k** // Girls Disc - **1k**

Start Times

- ⇒ Rings Open for Warmup - **3:30PM**
- ⇒ Coaches Meeting - **4:00 PM**
 - Near Shot & Disc Ring
- ⇒ **Boys Shot & Girls Disc Begin - 4:15 PM**

Prelims / Finals

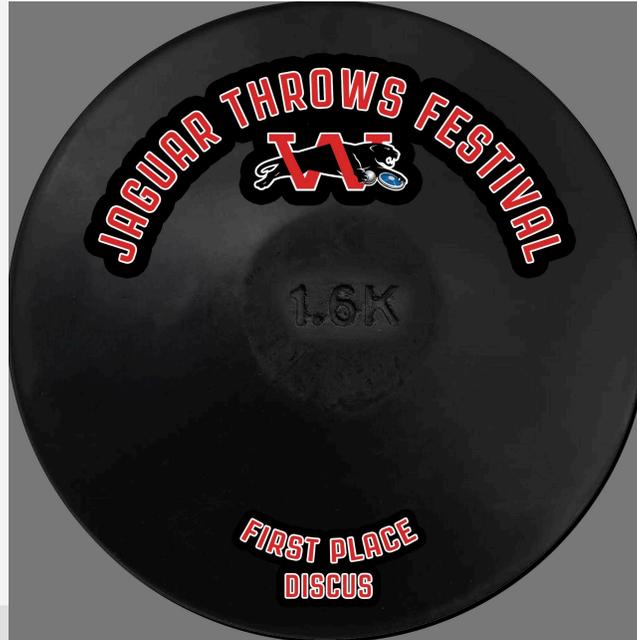
- ⇒ 3 Throws in both Prelim & Finals
- ⇒ After Prelims, top 8 athletes qualify for Finals
- ⇒ Minimum for Mark
 - Discussed at Coaches Meeting

All OSSAA Rules Apply

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Awards

⇒ Medals - Top 3 in each event will receive our unique “medal” pictured below:



Team Camp, Restrooms, and Concession

- ⇒ Please place team camps to the East of the Shot Pit, behind the short bleachers.
 - *Be mindful of the discus sector.*
- ⇒ Restrooms and Concessions are located near the NE corner of track - in between the entrance and the Shot and Disc rings.

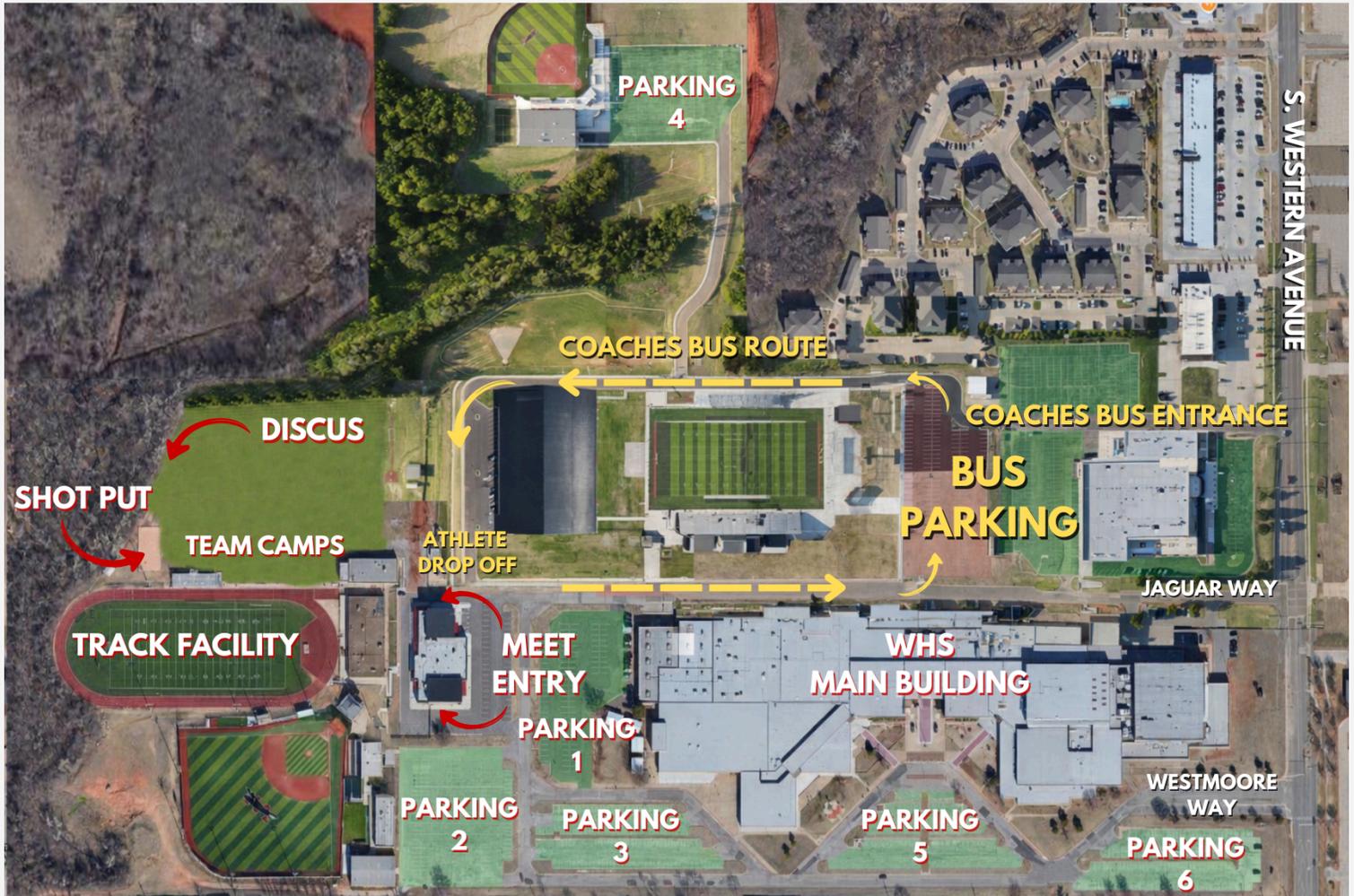
Coaches Hospitality

- ⇒ Coaches will be provided snacks/food. The goal is burgers & hot dogs.

Bus & Spectator Parking

- ⇒ School Address - [12613 S Western Ave, Oklahoma City, OK 73170](#)
 - Track and Field Facility is located on the Western most part of campus.
- ⇒ **WARNING - WHS School Day ends at 3:08PM. Jaguar Way will be used for WHS buses only exiting the school to the East. If you are arriving any time before 3:20PM you will be unable to use Jaguar Way and there will be heavy school traffic.**
- ⇒ **Coaches:** I recommend bringing vans or 15 passengers. Please follow the “Coaches Bus Route” for easiest drop off and parking. *If you have a small vehicle*, you can park as close as you can to the Meet Entry Gate. *If you have a large bus*, please park in “Bus Parking”. You are welcome to drop kids off near West gate before you park.
- ⇒ **Spectators:** Please use Westmoore Way to enter campus. Parking lots 1-4 are the closest for you to enter the meet.

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ORDER OF EVENTS

3:30 PM - Rings Open for Warmups

4:00 PM - Coaches' Meeting

Will be held near the Shot & Disc Rings

4:30 PM Competition Begins

Shot Put	Boys
Discus	Girls
Shot Put	Girls
Discus	Boys