

CUSHING MIDDLE SCHOOL

ATHLETIC DEPARTMENT

521 S Harmony RD

Cushing, Oklahoma 74023

School: 918-225-1311 Fax: 918-225-1481

CUSHING INVITATIONAL JUNIOR HIGH TRACK MEET THURSDAY April 7, 2016

On behalf of Cushing Public Schools, we extend to you and your teams a sincere invitation to participate in our annual Junior High Track and Field meet. This will be a timed-finals meet. The following will give you the information you will need for the meet.

- Class:** 4A Schools and below.
- Entry Fee:** **\$60.00** for each boys and girls team. A team consists of 4 or more contestants. Any group with less than 4 contestants will pay **\$10.00** per contestant. ~~5~~+teams will be charged as a full team.
- Time:** All teams will report to the Cushing Football Field by 9:00a.m. There will be a coaches meeting @ **9:15 a.m.** Field Events will begin @ **9:30 a.m.** and running events will begin @ **10:00 a.m.**
- Divisions:** 4 Divisions (7th Boys, 7th Girls, 8th Boys, and 8th Girls)
- Limitations:** Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one team in each relay. Three throws will be given in the shot and discus and three jumps will be given in the long jump. These events will all be finals.
- Medals:** 1st, 2nd, and 3rd places will be awarded
- Trophies:** 1st and 2nd place teams will be awarded
- Team Points:** Awarded 1st through 6th places (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in the relays
- Equipment:** Cushing will furnish all starting blocks and contestants are required to wear 1 /4 " spikes or shorter.

***OSSAA RULES WILL APPLY

*****THE COACHES WILL BE FED DURING THE TRACK MEET**

If you have any questions contact:

J. Moore, Melanie Berlowitz, or Debbie Brown @918-225-1311

CUSHING MIDDLE SCHOOL TRACK MEET

Order of Events

Field Events

9:30 a.m.	High Jump	7B-7G-8B-8G
	Long Jump	7G-7B-8G-8B
	Shot	8B-8G-7B-7G
	Discus	8G-8B-7G-7B
	Pole Vault	7/8G- 7/8B

Timed Finals

10:00	400 Relay	7G-8G-7B-8B
	3200 Relay	7G-8G-7B-8B
	100 Hurdles	7G-8G (30+)
	110 Hurdles	7B-8B (30+)
	800 Relay	7G-8G-7B-8B
	800 Run	7G-8G-7B-8B
	100 Dash	7G-8G-7B-8B

Proposed Break

400 M Dash	7G-8G-7B-8B
300 Hurdles	7G-8G-7B-8B
200 M Dash	7G-8G-7B-8B
1600 Run	7G-8G-7B-8B
1600 Relay	7G-8G-7B-8B

Field Event information-

Shot- 3 throws

Boys(4k)	Girls(6lb)
7 th - 25q	7 th - 20q
8 th - 30q	8 th - 25q

*all athletes will use the same shot to prevent conflict. The shot will be provided at the ring.

Discus-3 throws

Boys	Girls
7 th - 60q	7 th - 40q
8 th - 70q	8 th - 50q

High Jump

Boys	Girls
7 th - 42+	7 th - 38+
8 th - 44+	8 th - 40

Pole Vault

Boys
7th/8th together
Opening height- 6q

Girls
7th/8th together
Opening height- 5q