

# 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 6, 2017**

On behalf of Cushing Public Schools, we extend to you and your teams an 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:** **\$80.00** 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. **If you confirm your entry by March 10 we will give a discount to your teams allowing you to pay only \$65 per team.**

**\*\*\*Please confirm by sending an email to [melanie.berlowitz@cushing.k12.ok.us](mailto:melanie.berlowitz@cushing.k12.ok.us).**

**Time:** There will be a coaches meeting @ **9:00 a.m.** Field Events will begin @ **9:30 a.m.** and running events will begin @ **9:45 a.m.**

**Divisions:** 4 Divisions (7<sup>th</sup> Boys, 7<sup>th</sup> Girls, 8<sup>th</sup> Boys, and 8<sup>th</sup> 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 918-225-6622

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

9:45 a.m.	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 <sup>th</sup> - 25q	7 <sup>th</sup> - 20q
8 <sup>th</sup> - 30q	8 <sup>th</sup> - 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 <sup>th</sup> - 60q	7 <sup>th</sup> - 40q
8 <sup>th</sup> - 70q	8 <sup>th</sup> - 50q

#### High Jump

Boys	Girls
7 <sup>th</sup> - 4q+	7 <sup>th</sup> - 3q+
8 <sup>th</sup> - 4q+	8 <sup>th</sup> - 4q

#### Pole Vault

Boys  
7<sup>th</sup>/8<sup>th</sup> together  
Opening height- 6q

Girls  
7<sup>th</sup>/8<sup>th</sup> together  
Opening height- 5q