

**CROSSINGS CHRISTIAN SCHOOL
KNIGHTS MS/HS INVITATIONAL
APRIL 7, 2018**

Crossings Christian School will be hosting our middle school/high school invitational track meet on Saturday, April 7. We have an 8 lane Plexitrac track surface and will be using an automatic timing system. ***This meet will be limited to the first 12 teams to contact us with the intent to attend our meet. To receive and confirm entry, please email Franci MacDonald, fmacdonald@crossingsschool.org***

Location:

14100 Wireless Way
Oklahoma City, OK 73134

Time:

9:00 - Coaches Meeting in Fieldhouse
9:30 - Field Events
10:00 - Running Events

ON-LINE ENTRES: - - - see below - - -

Entry Deadline: day before the meet (April 6th) @ 5pm. (see below)

Limitations:

- Only schools entering classes A-3A Regionals may enter.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay.
- Only 1/4" or less spikes or flat shoes will be allowed on running or jumping surface.
- No one other than track athletes will be allowed on the field and team camps must be set up on the outside of the fence.

Team Points:

- Points will be scored 10-8-6-4-2-1 and will double for relays.

Awards:

- Five (5) medals will be awarded in each event.

Fee:

- An entry fee of \$60.00 per middle school division or \$120.00 for both boys and girls MS teams, \$75.00 per high school division or \$150.00 for both boys and girls HS teams will be charged. Individuals will be charged \$12.00 up to 4 contestants.

Make checks payable to Crossings Christian School.

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the **ENDURO USA** website by completing the steps on the "Entries" window to select a "division" for each student being entered. (This is a "Roster Entries" meet.) The on-line ENTRY DEADLINE is the day before the meet @ 5:00pm. Log into your account at: **www.endurousa.com**
NO LATE ENTRIES *** Schools who have not entered on-line will not be added at the meet. ***
Do NOT enter your JH students from your HS Rosters. (If you do, they will show up as HS students.)
If you have questions about your ENDURO USA account, please message Kevin through your ENDURO USA account, or email him at: kevin@runenduro.com

*A concession stand will be available to the athletes and spectators.

There will be a hospitality room provided for the coaches in the fieldhouse.

** Sunflower seeds, gum, and candy are not allowed on the track or field.

CROSSINGS KNIGHTS INVITATIONAL MS/HS TRACK MEET ORDER OF EVENTS

FIELD EVENTS: 9:30 a.m.

Pole Vault	HS girls	HS boys	MS girls	MS boys
Shot Put	HS boys	HS girls	MS boys	MS girls
Discus	MS girls	MS boys	HS girls	HS boys
Long Jump	MS boys	MS girls	HS boys	HS girls
High Jump	MS girls	MS boys	HS girls	HS boys

RUNNING EVENTS: 10:00 a.m.

400m relay	MS girls	HS girls	MS boys	HS boys
3200m relay	MS girls	HS girls	MS boys	HS boys
100m hurdles	MS girls 30"	HS girls 33"		
110m hurdles	MS boys 33"	HS boys 39"		
3200m run	HS boys			
800m relay	MS girls	HS girls	MS boys	HS boys
800m run	MS girls	HS girls	MS boys	HS boys
100m dash	MS girls	HS girls	MS boys	HS boys
HS FAT MAN'S RELAY (field event athletes only)				
3200m run	HS girls			
400m dash	MS girls	HS girls	MS boys	HS boys
300m hurdles	MS girls	HS girls	MS boys	HS boys
200m dash	MS girls	HS girls	MS boys	HS boys
1600m run	MS girls	HS girls	MS boys	HS boys
1600m relay	MS girls	HS girls	MS boys	HS boys