



**CROSSINGS CHRISTIAN SCHOOL  
KNIGHTS MS/HS INVITATIONAL  
APRIL 6, 2019**

Crossings Christian School will be hosting our middle school/high school invitational track meet on Saturday, April 6. 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](mailto: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

**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. Team camps must be outside 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.

**Entries:**

**ATTENTION COACHES** --- On-line Entries are to be complete online at: [www.endurousa.com](http://www.endurousa.com)

If you do not already have an account, you will need to visit the "ENDURO USA™" website to set one up. After you set up your new account, you must UPGRADE your account to "Coach of Record (school meets)". To do so, click on your name at the top of the Home Page for the link to the "Upgrade Account" window. After you upgrade your acct. - to find your Rosters, click on "My Roster List" (in the left navigation panel) – then on "Coach of Record Rosters" to find your Main Roster window to add students and enter the meet. If you need assistance with your ENDURO USA™ account, message Kevin McWatters through your account. Entry deadline: the day before the meet at 6PM. - - - Teams will NOT be added at the meet.

**IMPORTANT (NEW):** be sure to visit our meet's "PREVIEW" window on the ENDURO USA™ website immediately before departing for our meet for any last minute changes that could affect our meet.

\*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.

|               |              |              |         |         |
|---------------|--------------|--------------|---------|---------|
| 400 m relay   | MS girls     | HS girls     | MS boys | HS boys |
| 3200 m relay  | MS girls     | HS girls     | MS boys | HS boys |
| 100 m hurdles | MS girls 30" | HS girls 33" |         |         |
| 110 m hurdles | MS boys 33"  | HS boys 39"  |         |         |
| 3200 m run    | HS boys      |              |         |         |
| 800 m relay   | MS girls     | HS girls     | MS boys | HS boys |
| 800 m run     | MS girls     | HS girls     | MS boys | HS boys |
| 100 m dash    | MS girls     | HS girls     | MS boys | HS boys |

### HS FAT MAN'S RELAY (field event people only)

|               |          |          |         |         |
|---------------|----------|----------|---------|---------|
| 3200 m run    | HS girls |          |         |         |
| 400 m dash    | MS girls | HS girls | MS boys | HS boys |
| 300 m hurdles | MS girls | HS girls | MS boys | HS boys |
| 200 m dash    | MS girls | HS girls | MS boys | HS boys |
| 1600 m run    | MS girls | HS girls | MS boys | HS boys |
| 1600 m relay  | MS girls | HS girls | MS boys | HS boys |