



1700 E. Walnut

Cushing High School

Cushing, OK 74023 Phone# (918)223-9626



## “Crossroads Relays”

**THURSDAY April 4<sup>th</sup>, 2019**

On behalf of Cushing Public Schools, we extend to you and your teams an invitation to participate in our High School Boys and Girls Track and Field Meet. The following will give you the information you will need. This will be a timed finals meet.

**Class:** 4A schools and below

**Entry Fee:** \$80.00 for each boys and girls team. \$10.00 per individual if less than four (4) members on a team.

**Time:** Coaches meeting will be held at 9:00a.m. Field events will begin at 9:30a.m and running events at 9:45a.m.

**Divisions:** 2 divisions (HS Boys / HS Girls)

**Awards:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in all events. A trophy will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place team in each division.

**Team Points:** Awarded to 1<sup>st</sup> through 6<sup>th</sup> places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2).

**Equipment:** Cushing will furnish all starting blocks to contestants. ¼ or shorter spikes are required.

**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.

\*\*\*OSSAA RULES WILL APPLY

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

If you have any questions contact:

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Brian Busby ([brian.busby@cushing.k12.ok.us](mailto:brian.busby@cushing.k12.ok.us))

J. Moore ([j.moore@cushing.k12.ok.us](mailto:j.moore@cushing.k12.ok.us))

# *Crossroads Relays*

## Order of Events

### Field Events

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

### Running Events

9:45a.m.	400 Relay	G-B
	3200 Relay	G-B
	100 Hurdles	G
	110 Hurdles	B
	3200 Run	B
	800 Relay	G-B
	800 Run	G-B
	100 Dash	G-B

### Proposed Lunch Break

	3200 Run	G
	400 Dash	G-B
	300 Hurdles	G-B
	200 Dash	G-B
	1600 Run	G-B
	1600 Relay	G-B