

NEW MEET - NEW TRACK
at
NORTH ROCK CREEK
(Just NE of Shawnee)

Monday April 5, 2021 - Coaches Meeting 9 a.m. F.E. 9:30, Running 10:00

This meet is open to all 8th grade and below track and field teams associated with OSSAA Class A, 2A and 3A high schools AND all ORES schools. There will be 4 divisions - 7th Girls, 8th Girls, 7th Boys, 8th Boys. OSSAA rules apply.

ATTENTION COACHES: the on-line Entry DEADLINE is April 16th @ 5pm (Friday).

All entries will be CLOSED at 5pm! - - - No late entries accepted. - - - Schools planning to attend must submit entries by completing **ALL the Steps** on our meet's "ENTRIES Window" – including the "**VERIFICATION Step**". If your team/school does not complete all the online entry steps, it means your students ARE NOT ENTERED. NOTE: your school/team will NOT be entered manually at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com

PREVIEW window: Immediately before departing for our meet, please view our meet's PREVIEW window for any last-minute information that can affect the meet. To find our meet's PREVIEW window, login – then click on our meet in the "Student Meets & Events LIST" (on the right).

Medals to the top 5 in each event including ALL 5 RELAYS and QUADATHLON. Team championship and runner-up plaques in each division. Scoring; (8 places) - 10-8-6-5-4-3-2-1; Double for relays and Quadathlon Final Standings. (We THINK we give out more medals than any other meet).

\$80 per division or \$300 for all 4 divisions or \$15 per individual.

4 event limit per athlete. Quadathlon participants WILL NOT participate in ANY other events at this meet.

3 individuals or 1 relay team per school per event in each division.

Occasional additional entries are allowed but NO SCORERS (Top 8)

UNLESS the school pays an appropriate additional entry fee AND the additional athlete(s) is/are part of a DEDICATED "B" TEAM for the entire meet.

The Quadathlon is a "scaled-down" Heptathlon/Decathlon Multi-event competition that consists of 200-SHOT-LJ-800 (in that order) for each division. Quadathletes WILL NOT participate in any other events in this meet. The final standings of the Quadathlon will be "scored into" each appropriate division's team standings with double points like a relay, e.g., 1st place = 20 pts., 2nd place = 16 pts., etc..

TEAM CAMPS - Outside of the track, on the grass, away from field event areas and not impeding the natural flow of foot traffic.

1/4" or less pyramid spikes for running/jumping events.

Admission will be charged for spectators. Concessions will be available. Hospitality will be provided for coaches.

Coaches will notice that, in addition to the quadathlon and all of the standard events for middle school athletes, we are also offering 2 additional events in each division. There is a 2400m (6 laps = approx. 1.5 miles) race for individuals and a 1600m medley relay. Running order for the medley relay will be 800-200-200-400 (The leadoff 800 runner will "cut in" after the 1st curve, just like in the 4 x 800).

With the addition of these other events we have modified the order of events to allow rest for athletes between events we anticipate they would typically "double" in, while still trying to follow tradition to a large extent.

CALL OR TEXT COACH MARTIN at 405-567-5563(c) if you plan to attend or if you have any questions.

NRC 7-8th Track Meet Order of Events (May adjust as needed)

TRACK EVENTS - (Running Order is 7G,8G,7B,8B unless otherwise noted)

QUAD 200

4 x 800 - (will PROBABLY run 7G & 7B together, then 8G & 8B together)

100m Hurdles at 30" - 7G, 8G, 7B

110m Hurdles at 33" - 8B

4 x 200

2400m - 7G, 7B (PROBABLY together)

100m Prelims

2400m - 8G, 8B (PROBABLY together)

300m Hurdles at 30"

4 x 100 Prelims (if 9 or more entries per division)

1600m Medley (800-200-200-400; 800 runner "cuts in" after 1st curve)

PROPOSED BREAK (15-20 minutes?)

4 x 100 FINALS

800

100m FINALS

QUAD Girls 800 (if the group is "ready"; or they'll move down the list)

400

QUAD Boys 800 (if ready; or they'll move down)

1600m - 7G, 7B (PROBABLY together)

200

1600m - 8G, 8B (PROBABLY together)

4 x 400

FIELD EVENTS (May adjust as needed; LJ, SHOT, DISCUS - "3 & 3" with 8 to the FINALS; QUADATHLETES get only 3 attempts)

SHOT - 7G-8G-QUAD G&B-7B-8B

DISCUS - 7B-8B-7G-8G

LJ - 8G-7G-8B-QUAD G&B-7B

HJ - 8B-7B-8G-7G

PV - GIRLS, BOYS (PROBABLY ALL TOGETHER -Divisions score/medal separately)

QUADs will throw/jump as early as possible BETWEEN other groups.