

NEW MEET - NEW TRACK - NEW EVENTS

at
NORTH ROCK CREEK HIGH SCHOOL
(Just NE of Shawnee)

Friday April 9, 2021 - Coaches Meeting 9 a.m., F.E. 9:30, Running 10:00
(1st day Multi-events - Thurs. evening April 8 - C.M. 4 p.m. - Start at 4:30-5?
We don't want anyone to miss school on Thursday.)

This meet is open to all OSSAA Class A, 2A and 3A high schools. 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).

\$100 per division or \$180 for both genders or \$20 per individual.

4 event maximum per athlete. Heptathlon Girls (HPG) and Octathlon Boys (OCB) WILL NOT participate in ANY other events at this meet.

3 individuals or 1 relay team per school per event. 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.

We THINK we will offer more awards (ind. medals and team plaques) than any other meet because we will MEDAL 5 PLACES in EVERY EVENT; we have an ADDITIONAL RELAY and MULTI-EVENT COMPETITION. 1st and 2nd place team plaques in each division.

SCORING: (8 places) - 10-8-6-5-4-3-2-1; Double for relays AND Multi-Event Final Standings.

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.

With the addition of some special events we have modified the typical order of events to TRY to allow athletes appropriate rest time between events that they would typically "double" in, etc., while still following the traditional order to a large extent.

In addition to ALL of the standard events there will also be a 1600m medley relay during the "regular" track meet day. We hope that it will someday become a standard event. That's why we run it in an "odd" order of 800-200-200-400 (Leadoff, 800 runner, "cuts in" after the 1st curve, just like in the 4 x 800) so that 9+ teams can compete simultaneously without prelims/finals or heats vs. time.

We are also having a traditional Heptathlon (HPG) for girls and a modified Decathlon for boys that we are calling an Octathlon (OCB). THERE IS NO JAVELIN FOR EITHER GENDER. Girls will throw the discus instead of the javelin and for boys we will omit both the pole vault and the javelin from the traditional decathlon. We are slightly modifying the order of these competitions while maintaining the principles of the run-jump-throw-run order and we intend to give these athletes the standard 30 minutes (or more) rest between their events as we "mingle" their events in with the regular meet on Day 2 of their competition.

MULTI-EVENT ORDER:

DAY 1- Heptathlon Girls (HPG) - 100m Hurdles, HJ, SHOT, 200
Octathlon Boys (OCB) - 100, DISCUS, LJ, 400

DAY 2 - HPG - LJ, DISCUS, 800
OCB - 110m Hurdles, SHOT, HJ, 1500

DAY 1 is Thursday (evening) April 8.

DAY 2 is Friday April 9 (events interspersed between events of the regular meet)

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

NRC HS TRACK MEET ORDER OF EVENTS (May adjust as needed)

DAY 1 - Multi-Event athletes only - Heptathlon Girls (HPG) and Octathlon Boys (OCB). These athletes WILL NOT participate in any other events in this meet.

HPG - 100m Hurdles, HJ, SHOT, 200

OCB - 100, DISCUS, LJ, 400

DAY 2

TRACK EVENTS (Girls, then Boys, unless otherwise noted)

4 x 800

100m Hurdles

110m Hurdles

OCB 110m Hurdles

4 x 200

Girls 3200

100m Prelims

Boys 3200

300m Hurdles

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

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

HPG 800 (if the group is "ready"; or they'll move down to next opportunity)

400

OCB 1500 (if ready; or they'll move down the list)

Girls 1600

200

Boys 1600

4 x 400

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

LJ - HPG, Boys, Girls

HJ - Boys, Girls, OCB

PV - Girls, Boys

SHOT - Girls, OCB, Boys

DISCUS - Boys, HPG, Girls