

CUSHING HIGH SCHOOL

1700 E. Walnut Cushing, OK 74023 Phone# (918)223-9626

“CROSSROADS RELAYS”

THURSDAY MARCH 31, 2022

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: \$90 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 9:00 a.m. Field events will begin at 9:30 a.m. and running events at 9:45 a.m.

Divisions: 2 divisions (HS Boys / HS Girls)

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

Team Points: Awarded to 1st through 6th 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. Four (4) throws will be given in the shot and discus. The top eight (8) will advance to finals and will be given 3 more throws. Four (4) jumps will be given in the long jump and pole vault. These events will be finals.

***OSSAA RULES WILL APPLY

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

If you have any questions contact:

J. Moore (j.moore@cushing.k12.ok.us)

Kalie Vernon (kalie.vernon@cushing.k12.ok.us)

CROSSROADS RELAYS

Order of Events

Field Events:

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

Running Events:

9:45 a.m.	100 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