

NORTH ROCK CREEK HIGH SCHOOL  
invites OSSAA 4A AND BELOW TEAMS to our  
COUGAR CLASSIC TRACK AND FIELD MEET

MONDAY (evening) AND TUESDAY MARCH 28-29, 2022 at  
NRC HIGH SCHOOL - 42400 GARRETT'S LAKE RD. SHAWNEE, OK

2 Divisions; HS GIRLS; HS BOYS – 4A and below only

The ONLY events on Monday evening (3-28) are for Heptathletes (Girls) and Octathletes (Boys). ALL of the REGULAR TRACK MEET is on TUESDAY MARCH 29.

OSSAA rules apply; Each athlete is limited to 4 events; Only 3 scoring individuals or 1 relay team per school per event; Heptathletes/Octathletes may NOT compete in other events.

Entry fees:\$100/division or \$200 per school or \$15 per individual if less than 4.

Make checks to North Rock Creek HS Athletics.

**ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: [www.enduroussa.com](http://www.enduroussa.com). - - - NO ADDITIONAL ENTRIES AFTER THE DEADLINE. - - - ONLINE ENTRIES DEADLINE: the day before the meet @ 5:00pm. - Complete ALL of the steps on the "Entries Window". TEAMS WILL NOT BE ADDED AT THE MEET.**

Scoring: 10-8-6-5-4-3-2-1 in individual events; Double for relays AND Heptathlon/Octathlon.  
5 Medals per event in ALL events. (We offer a couple of "special" events as extra opportunities for medals and points.) 1st and 2nd place team plaques in each division.

ENDURO will be used for entry, timing and results and their entry deadline must be met.  
This is a ROSTERS ONLY meet.

¼" or less pyramid spikes in all running and jumping events, please.

3 preliminary attempts for each competitor and 3 more for each of 8 finalists in LJ, shot and discus. Heptathletes/Octathletes will have 3 attempts only in these events.

Monday evening 3-28 coaches meeting at (approximately) 4:30 p.m. 1st day Hept./Oct. events begin that evening at 5 p.m. (approx.). We don't want athletes to miss "instructional time" that day, hopefully. Call or text Coach Martin if we need to wait "a little bit" for your athletes in those events that evening. 405-567-5563(c)

Tuesday morning 3-29 coaches meeting at 9 a.m., F.E. at 9:30, Running at 9:45.  
Admission will be charged, Concessions available. Coaches hospitality provided.

Buses enter the "middle" gate of the campus nearest the FB field and park along the north curb north of the gym (facing west) or along the west curb west of the HS facing south

No team camps inside the track. Team camps should be on the grass west (or south) of the track and away from any field event areas.

If you plan to attend or have questions please call or text Coach Martin at 405-567-5563(c).

NRC HS MEET  
ORDER OF EVENTS

RUNNING EVENTS (2nd day)

1st day - Hept.Oct.

1600m medley (800-200-200-400)

100 m hurdles

100m Hdl.

100

110m hurdles (Oct. last)

HJ

LJ

4 x 100 (FINAL if 8 or fewer)

Shot (3 att.)

Discus (3att.)

(PRELIM if 9 or more)

200

400

4 x 800

2nd day - Hept.

Oct.

100 PRELIMS

300 m hurdles

LJ

110m Hdl.

G 1600

Discus (3att.)

Shot (3 att.)

4 x 200

800

HJ

B 1600

1500

4 x 100 FINAL (If needed - if there were  
9 or more entries)

BREAK (20-30 minutes)

Field Events - Day 2

800

PV - G, B

100 FINAL

LJ - Hept.(3), G (3&3), B (3&3)

Hept. 800

HJ - B, G, Oct.

Oct. 1500 ( If they're ready)

SHOT - B (3&3), Oct. (3), G (3&3)

400

DISCUS - G (3&3), Hept. (3), B (3&3)

G 3200

200

B 3200

4 x 400