

NORTH ROCK CREEK
invites
OSSAA 4A AND BELOW MIDDLE SCHOOLS
and
ALL ORES SCHOOLS
to our
COUGAR CLASSIC MIDDLE SCHOOL TRACK AND FIELD MEET

MONDAY APRIL 11, 2022
at
NRC SCHOOLS - 42400 GARRETT'S LAKE ROAD. SHAWNEE, OK

4 Divisions: 7th GRADE (and below) GIRLS and BOYS; 8th GRADE GIRLS and BOYS
OSSAA rules apply. Each athlete is limited to 4 events. Only 3 scoring individuals or 1 relay team per event per division. QUADATHLETES may NOT compete in other events.

Entry fees; \$75 per division or \$300 per school or \$15 per individual if less than 4 per division.
Make checks to North Rock Creek Athletics.

Scoring: 10-8-6-5-4-3-2-1 in individual events; Double for relays AND Quadathlon. 5 medals per event in all events. (We offer a few "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 requirements must be met. This is a ROSTERS ONLY meet.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: 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.

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.

Quadathletes will each have 4 attempts only in LJ and shot.

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.

The "Quadathlon" is a scaled-down heptathlon/decathlon type competition using IAAF scoring tables to award points based on performance. Final placings are based on total points. The events for each division are: 200 - Shot put - LJ - 800 - in that order. (Hopefully)

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

NRC MS MEET ORDER OF EVENTS

RUNNING EVENTS

(Order will be 7G-7B-8G-8B unless otherwise noted)

Quadathletes 200

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

100m hurdles at 30" (7G,7B,8G)

110m hurdles at 33" (8B)

4 x 100 (FINAL if 8 or fewer)

(PRELIM if 9 or more)

4 x 800 (may combine 7G&7B, then 8G&8B)

100 PRELIMS

300m hurdles

G 1600

4 x 200

B 1600

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

BREAK (20-30 minutes)

800

100 FINAL

Quad 800 (If they're ready)

400

2400 (7G & 7B together)

200

2400 (8G & 8B together)

4x 400

FIELD EVENTS

PV - All Girls, All Boys-Sep. medals

SHOT - 7G, Quad, 8G, 7B, 8B

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

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

LJ -, 7B, 8B, Quad, 7G, 8G