

CASCIA TRACK

Saturday, March 25th 2023
Ray Siegfried Stadium
Cascia Hall
2520 S Yorktown Avenue
Tulsa, OK 74114

- Meet Directors:** Tyler Thornburg, tthornburg@casciahall.com
Adam Stoermer, astoermer@casciahall.com
- Start Time:** Coaches Meeting at 8:30am, Field and Running Events begin at 9:00am
- Entries:** Athletes are limited to four events, no maximum number of runners per school per event
- Rules:** OSSAA and National Federation rules apply.
- Divisions:** There will be 6 divisions: 6g/6b/7g/7b/8g/8b
- Awards:** Awards will be given to the top three finishers in each division. Team scores will not be counted.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Friday, March 24th @ 1pm.** (((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the “ENTRIES Window” – including the “Verification Step”. If the “Verification Step” is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

Entry Fees: \$25 per division, \$150 for all six divisions
Please bring or make checks payable to:
Cascia Hall Preparatory School
Attn. Tyler Thornburg
2520 S. Yorktown Avenue
Tulsa, OK 74114

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Order of Events:

8:30am Coaches Meeting

9:00am Field and Running Events Begin

Field Events:

Long Jump: (All legal marks will be measured and recorded)

6 girls / 7 girls / 8 girls / 6 boys / 7 boys / 8 boys

High Jump: Starting height will be determined at the coaches meeting

6 boys / 7 boys / 8 boys / 6 girls / 7 boys / 8 boys

Shot Put: (All legal throws will be measured and recorded)

6 girls / 7 girls / 8 girls / 6 boys / 7 boys / 8 boys

Discus: (All legal throws will be measured and recorded)

6 boys / 7 boys / 8 boys / 6 girls / 7 girls / 8 girls

Running Events: 6g/7g/8g/6b/7b/8b

4x100m

1600m

400m

100m

Sprint Medley Relay (100, 100, 200, 400)

800m

200m

4 x 400m Relay

Lunch will be available for all coaches at 12:00pm