

Cascia Distance Fiesta

Friday, April 14th 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 4:00pm, Running Events begin at 4:30pm

Entries: Athletes may compete in any of the three distance events no maximum per school. Schools are welcome to bring as many 4 x 400m relay teams as they would like.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Thursday, April 13th @ 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 at: cara@runenduro.com.

Rules: OSSAA and National Federation rules apply.

Divisions: We will run seeded heats of the 1600m, 800m, and 3200m and finish the evening with heats of the 4x400m. We will cap each heat at 12 runners. Girls will be before boys for each event. The first heat will be designated as JV for any ineligible varsity runners. Any eligible varsity athletes are encouraged to compete in the varsity division.

Awards: Winner of each heat will be awarded with a t-shirt and winner of the last heat of each race will be given the Cascia distance fiesta sombrero and t-shirt.

Entries: Please submit entries to Enduro by Thursday, April 13th

Entry Fees: \$100 per team; \$200 for both boys and girls teams
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:

4:00pm Coaches Meeting

4:30pm first heat of the girls 1600m

Girls 1600 / Boys 1600m

Girls 800 / Boys 800m

Cascia Hall Senior Presentation

Girls 3200 / Boys 3200m

Girls 4 x 400m / Boys 4 x 400m

Dinner will be provided for coaches