



Cashion Wildcat Relays

High School Track Meet

Friday, March 24th 2023

Head Track Coach: Tony Wood - 405-612-8188 - twood@cashionps.org

Cashion Public Schools would like to extend an invitation to you and your teams to participate in our 2023 high school track meet. We are excited to show off our state of the art facility that features a top of the line 8 lane polyurethane running surface. Each meet will be timed using a FAT system. Our meets are welcome to any school that will compete at regionals in class 4A and below. We hope you and your teams will be able to attend. Please RSVP to Head Coach Tony Wood if you are interested in attending. This will be a rosters only, timed finals, Enduro meet.

MEET INFORMATION:

Date: Friday, March 24th 2023

Class: 4A-Below

Division(s): 2 Divisions --- High School Boys - High School Girls

Participation: Each event will be limited to three participants from each team. Each contestant may enter no more than four events. Spike length should be ¼" or shorter. Starting blocks will be provided.

Times: Coaches meeting will be held at 9:30 A.M. with field events starting promptly at 9:45 A.M. and running events at 10:30 A.M.

Entry Fee: \$100 per team - \$200 for both boys and girls teams. B teams are allowed at the same fee. \$15 per individual contestant up to 4. Checks payable to Cashion Public Schools.

Hospitality: Breakfast and lunch will be provided for coaches.

Tents: Tents will not be allowed inside the fence. There will be a designated area located at the southwest corner of the track facility.

Scoring: Team score will be kept, but no team trophies will be presented.

Medaling: Relays 1st - 3rd. Individual and field events 1st - 5th.

Admission: \$5 per person from school age student - senior citizen. Non-school aged children are free.

Enduro: On-line Entry Deadline: Wednesday, March 22nd @ 5pm. * * * * All entries must be completed on-line at: www.endurousa.com - Complete All Steps – including the VERIFICATION Step. If you do not complete ALL steps on the meet's "Entries Window" (including the VERIFICATION Step), your athletes will NOT be entered. Be sure to designate each athlete as "A", or "B" Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. We will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: www.endurousa.com. If you have questions about your ENDURO USA™ account, please contact Kevin McWatters at: kevin@runenduro.com

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

Cashion Wildcat Relays High School Order of Events

Field Events: 9:45 am

- Shot Put: Boys - Girls
- Discus: Girls - Boys
- Long Jump: Girls - Boys
- High Jump: Boys - Girls
- Pole Vault: Girls - Boys

Running Events: 10:30 am

***** Timed Finals *****

- 400 Meter Relay Girls Boys
- 3200 Meter Relay Girls Boys
- 100 Meter Hurdles 33" Girls
- 110 Meter Hurdles 39" Boys
- 3200 Meter Run Boys
- 800 Meter Relay Girls Boys
- 800 Meter Run Girls Boys
- 100 Meter Dash Girls Boys

Proposed Break

- 3200 Meter Run Girls
- 400 Meter Dash Girls Boys
- 300 Meter Hurdles 30" Girls
- 300 Meter Hurdles 36" Boys
- 200 Meter Dash Girls Boys
- 1600 Meter Run Girls Boys
- 1600 Meter Relay Girls Boys