

# CUSHING MIDDLE SCHOOL

Athletic Department

521 S. Harmony RD

Cushing, OK 74023

School: 918-225-1311 Fax: 918-225-1481

## CUSHING INVITATIONAL JUNIOR HIGH TRACK

### MEET TUESDAY APRIL 4, 2023

On behalf of Cushing Public Schools, we extend to you and your teams an invitation to participate in our annual Junior High Track and Field meet. This will be a timed-finals meet. The following will give you the information you will need for the meet.

**Class:** 4A schools and below

**Entry Fee:** \$80 for each boys and girls team. A team consists of 4 or more contestants. Any group with less than 4 contestants will pay \$10.00 per contestant. "B" teams will be charged as a full team.

**\*\*Please confirm by sending an email to [kalie.vernon@cushing.k12.ok.us](mailto:kalie.vernon@cushing.k12.ok.us)**

**Time:** There will be a coaches meeting at 9:00 a.m. Field events will begin at 9:30 a.m. and running events will begin at 9:45 a.m.

**Divisions:** 4 divisions (7th Boys, 7th Girls, 8th Boys, and 8th Girls)

**Limitations:** Each contestant is limited to four (4) events including relays. Each school is limited to three (3) entrants in each event and one team in each relay. Three (3) throws will be given in the shot and discus and three (3) jumps will be given in the long jump. These events will all be finals.

**Parking:** Cushing High School is doing renovations to the complex. The buses will need to park in the Northwest parking lot, while parents and others will park in the south parking lot near the gymnasium. The gate entrance will be located behind the west bleachers.

**Medals:** 1st, 2nd, and 3rd places will be awarded

**Trophies:** 1st and 2nd place teams will be awarded

**Team Points:** Awarded 1st through 6th places (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in the relays

**Equipment:** Cushing will furnish all the starting blocks and contestants are required to wear 1/4" spikes or shorter.

\*\*\*OSSAA RULES WILL APPLY

\*\*\*THE COACHES WILL BE FED DURING THE TRACK MEET

**If you have any questions contact:**

J. Moore ([j.moore@cushing.k12.ok.us](mailto:j.moore@cushing.k12.ok.us))

Kalie Vernon ([kalie.vernon@cushing.k12.ok.us](mailto:kalie.vernon@cushing.k12.ok.us))

# **CUSHING MIDDLE SCHOOL TRACK MEET**

## **Order of Events**

### **Field Events:**

9:30 a.m.	High Jump	7B-7G-8B-8G
	Long Jump	7G-7B-8G-8B
	Shot	8B-8G-7B-7G
	Discus	8G-8B-7G-7B
	Pole Vault	7/8G-7/8B

### **Running Events:**

9:45 a.m.	100 Relay	7G-8G-7B-8B
	3200 Relay	7G-8G-7B-8B
	100 Hurdles	7G-8G (30")
	110 Hurdles	7B-8B (30")
	800 Relay	7G-8G-7B-8B
	800 Run	7G-8G-7B-8B
	100 Dash	7G-8G-7B-8B

### Proposed Lunch Break

400 Dash	7G-8G-7B-8B
300 Hurdles	7G-8G-7B-8B
200 Dash	7G-8G-7B-8B
1600 Run	7G-8G-7B-8B
1600 Relay	7G-8G-7B-8B