

THIS MEET IS THE BEST OPPORTUNITY FOR YOUR ATHLETES TO WIN
MEDALS ANYWHERE THIS SEASON.



NRC

Invites

All OSSAA 4A and below HS Track and Field teams

To the

3rd Annual Cougar Classic

Monday and Tuesday April 17 & 18

At the North Rock Creek campus at 42400 Garrett's Lake Road, Shawnee, OK 74804

2 Divisions: HS Girls, HS Boys

ATTENTION COACHES: the On-line Entry DEADLINE is: **Sunday, April 16th @ 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

MEDALS for 1st - 5th in ALL events

We offer 1 additional relay and 2 other "extra" events as additional opportunities for athletes to win medals.

40 YD. DASH — HEPTATHLON(GIRLS), OCTATHLON(BOYS) — 1600 MEDLEY(8-2-2-

4) This is an ENDURO Rosters Meet.

Entry Fees: \$100/Division or \$20/individual (if less than 4 individuals per division)

NFHS and OSSAA Rules apply

Standard limitations apply and heptathletes/octathletes may not participate in other events.

*We are featuring a 40 YD. DASH(FAT) on the track. Teams may enter as many runners as desired in the 40 yd. Dash (e.g. an entire FB team?) but only 3 can score, it will count as one of their 4 events and we would ask coaches to pay "a little extra" if they really "overload us" in that event.

All athletes must be on ENDURO Rosters to participate in the meet.

Tuesday April 18 - CM 9:00 A.M. — FE 9:30 — Track 9:45

All of the "regular" track meet will be Tuesday April 18

The only events contested on Monday April 17 will be the first day events of the heptathlon and octathlon. Coaches Meeting on that day will be approximately 4 p.m. (We don't want people to miss school on Monday to get there). We'll try to start around 4:15-4:30 (or as soon as possible thereafter) on Monday.

If coaches plan to bring their teams or have questions call or text Coach Martin at 405-567-5563(c).

NRC HS COUGAR CLASSIC ORDER OF EVENTS

Monday April 17 Coaches Meeting Approx. 4 P.M. Multi-events start at Aprox. 4:15-4:30 GIRLS HEPTATHLON - (1st Day) - 100m hurdles - HJ - SHOT - 200M 2nd day will be LJ - DISCUS - 800m

BOYS OCTATHLON - (1st day) - 100m - DISCUS - LJ - 400m
2nd day will be - 110 m hurdles - SHOT - HJ - 1500m

Tuesday April 18 Order of Events
CM 9 A.M. - FE 9:30 - Track 9:45

3200m (May run B & G together)

40 YD. DASH

4 x 100m (By division this is the FINALS if 8 or fewer teams)

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

100m hurdles

110m hurdles

110m hurdles (Octathletes)

100m prelims

4 x 800m

300m hurdles

4 x 200m

BREAK

800m

4 x 100m FINAL (as needed)

Heptathlon 800m

100m FINALS

Octathlon 1500m

400m

Girls 1600m

200m

Boys 1600m

4 x 400m

Field Events:

(In SHOT, DISCUS, LJ - 3 attempts for all and top 8 get 3 additional finals attempts) SHOT

- G, B

DISCUS - B, G

LJ - G, B

HJ - B,G

PV - G, B