

Cascia Distance Fiesta

Tuesday, April 2nd 2024
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.
- 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 mixed 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. We will run slower heats before the fast heat.
- 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 Friday, March 29th
- Entry Fees:** \$100 per team; \$200 for both boys and girls teams
Please bring or send 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 Night Presentation

Girls 3200 / Boys 3200m

Mixed 4x400m Relay

Concession Stands will be open for all coaches