

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 April 2nd, 2024

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. We will have a 20-team limit. Please confirm for an accurate count on schools and coaches for lunch.

****Please confirm by sending an email to 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.

Timing: This meet will be timed with hand timers. Coaches will be timing and reporting final times. We will have a cut off time with the top six. If you would like to know your athletes time, they will be told after the race.

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:

Kalie Vernon (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 |