



NRC

Invites

All OSSAA 4A and below schools and all ORES schools

to the

4th ANNUAL MIDDLE SCHOOL COUGAR CLASSIC

Thursday March 14th 2024

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

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

4 Divisions: 7th Girls, 7th Boys, 8th Girls, 8th Boys

C.M. 9:00 A.M. — F.E. 9:30 — TRACK 9:45

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, March 13th @ 12pm.**

((The meet will be CLOSED at noon!))) 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. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact cara@runenduro.com

MEDALS for 1st - 5th in ALL events

We offer one additional relay and 3 other "extra" events as additional opportunities for athletes to win medals.

40 YD. DASH — QUADATHLON (200-SHOT-LJ-800) — 1600 MEDLEY (800-200-200-400) — 2400

This is an ENDURO Rosters Meet.

Entry Fees \$80/ Division or \$15/ individual (if less than 4 individuals per division)

NFHS and OSSAA rules apply.

Standard limitations apply and quadathletes may not participate in any 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*

Scoring: 10-8-6-5-4-3-2-1 for individual events, double for relays and the final quadathlon standings.

Team Camps should be on the grass outside the track fence .

Admission will be charged.

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

NRC 7-8 Order of Events

(typical order of running events is 7G-7B-8G-8B unless otherwise noted)

CM 9:00 A.M.

FE 9:30

TRACK 9:45

Track Events:

2400m (7G + 7B together, 8G + 8B together)

40 YD. DASH

Quad 200m

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

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

100m hurdles

100m prelims.

4 x 800m (May combine as in 2400)

300m hurdles

4 x 200m

Field Events:

(4 attempts ea. In SHOT, DISCUS, LJ)

4K SHOT - 7G-8G-7B-8B

1K DISCUS - 8G-7B-8B-7G

LJ - 8B-7G-8G-7B

HJ - 7B-8B-7G-8G

PV - All Girls, All Boys

Quadathletes as a group will compete between other divisions in SHOT and LJ.

BREAK

800m

4 x 100m FINAL (as needed)

Quad 800m 7th G + B

100 m FINALS

Quad 800m 8th G + B

400m

1600m (7G, 7B - POSSIBLY together)

200m

1600m (8G, 8B - POSSIBLY together)

4 x 400m