

# **CUSHING HIGH SCHOOL**

1700 E. Walnut      Cushing, OK 74023      Phone# (918)223-9626

## **“CROSSROADS RELAYS”**

**Thursday, March 27th, 2025**

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

**Class:** 4A schools and below

**Entry Fee:** \$125 for each boys' and girls' team. \$15.00 per individual if less than four (4) members on a team.

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Wednesday, March 26<sup>th</sup> @ 1pm**. Schools planning to attend must submit their entries on the **Athletic.Net** website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: [cara@runenduro.com](mailto:cara@runenduro.com).

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

**Divisions:** 2 divisions (HS Boys / HS Girls)

**Awards:** Medals will be awarded to 1st, 2nd, and 3rd in all events. A trophy will be awarded to the 1st and 2nd place team in each division. Team points will be awarded to 1st through 6th places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2)

**Timing System:** Our meet will be timed by **Enduro**. More information will be provided.

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

**Confirming Attendance:** PLEASE CONFIRM YOUR ATTENDANCE WITH AN EMAIL. This helps us plan for an accurate headcount for lunches and timeline. Thank you!

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

**Limitations:** Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay. Four (4) throws will be given in the shot and discus. The top eight (8) will advance to finals and will be given 3 more throws. Four (4) jumps will be given in the long jump and pole vault. These events will be finals.

\*\*\*OSSAA RULES WILL APPLY

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

**If you have any questions, contact:**

Kalie Rockwell ([kalie.rockwell@cushing.k12.ok.us](mailto:kalie.rockwell@cushing.k12.ok.us))

# **CROSSROADS RELAYS**

## **Order of Events**

### **Field Events:**

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

### **Running Events:**

9:45 a.m.	400m Relay	G-B
	3200m Relay	G-B
	100m Hurdles	G
	110m Hurdles	B
	3200m Run	B
	800m Relay	G-B
	800m Run	G-B
	100m Dash	G-B

Proposed Lunch Break

3200m Run	G
400m Dash	G-B
300m Hurdles	G-B
200m Dash	G-B
1600m Run	G-B
1600m Relay	G-B