

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

Tuesday, April 1st, 2025

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.rockwell@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 Rockwell (kalie.rockwell@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.	400m Relay	7G-8G-7B-8B
	3200m Relay	7G-8G-7B-8B
	100m Hurdles	7G-8G (30")
	110m Hurdles	7B-8B (30")
	800m Relay	7G-8G-7B-8B
	800m Run	7G-8G-7B-8B
	100m Dash	7G-8G-7B-8B

Proposed Lunch Break

400m Dash	7G-8G-7B-8B
300m Hurdles	7G-8G-7B-8B
200m Dash	7G-8G-7B-8B
1600m Run	7G-8G-7B-8B
1600m Relay	7G-8G-7B-8B