



**NRC**

Invites

**All OSSAA 4A and below schools and all ORES schools**

to the

**4th ANNUAL MIDDLE SCHOOL COUGAR CLASSIC**

**Monday March 10th 20024**

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: **Sunday, March 9<sup>th</sup> @ 1pm**. Schools planning to attend must submit their entries on the [Athletic.Net](https://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).

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 entered into Athletic.net 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

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

#### 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.