



## **5th Annual Cougar Classic HIGH SCHOOL TRACK & FIELD MEET**

**April 21st & 24th, 2025**

**All OSSAA 4A and below HS Track and Field teams**

**ATTENTION COACHES:** the On-line Entry DEADLINE is: the day before the meet **@ 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).

**Medals for 1st - 5th place in all events**

**Admission will be required**

**Monday April 21st:**

**Coaches meeting @ 4:00 pm & Events @ 4:15ish**

**Thursday April 24th:**

**Coaches meeting @ 9:00 am, Field Event @ 9:30 am & Run @ 9:45 am**

**We offer 1 additional relay and 2 other “extra” events as additional opportunities for athletes to win medals, such as:**

**40 YD. DASH — HEPTATHLON(GIRLS), OCTATHLON(BOYS) — 1600 MEDLEY(8-2-2-4)**

**The Heptathlon & Octathlon are open to OSSAA Schools of ALL CLASSES.**

**Entry Fees: \$100/Division or \$20/individual (if less than 4 individuals per division)**

**NFHS and OSSAA Rules apply**



**Standard limitations apply and heptathletes/octathletes may not participate in 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.**

**The multi-event (Heptathlon & Octathlon) is open to ALL CLASSES of OSSAA schools all others are 4A & below.**

**All of the “regular” track meet will be Thursday April 24th.**

**The only events contested on Monday April 21st will be the first day events of the heptathlon and octathlon.**

**If you have any question please call or text Coach Martin at 405-567-5563.**

**\*\*\*\*This meet is the best opportunity for your athletes to win medals anywhere this season\*\*\*\***



## **NRC HS COUGAR CLASSIC ORDER OF EVENTS**

### **Monday, April 21st Order of Events**

Multi-events start at Approx. 4:15-4:30

**GIRLS HEPTATHLON-** (1st Day) - 100m hurdles - HJ - SHOT - 200M  
(2nd Day) LJ - DISCUS - 800m

**BOYS OCTATHLON -** (1st Day) - 100m - DISCUS - LJ - 400m  
(2nd Day) - 110 m hurdles - SHOT - HJ - 1500m

### **Thursday April 24th Order of Events**

3200m (May run B & G together)  
40 YD. DASH  
4 x 100m (By division this is the FINALS if 8 or fewer teams)  
1600m medley (800-200-200-400)  
100m hurdles  
110m hurdles  
110m hurdles (Octathletes)  
100m prelims  
4 x 800m  
300m hurdles  
4 x 200m

### **BREAK**

800m  
4 x 100m FINAL (as needed)  
800m (Heptathletes)  
100m FINALS  
1500m (Octathletes)  
400m  
Girls 1600m  
200m  
Boys 1600m  
4 x 400m

### **Field Events:**

SHOT - G, B  
Discus - Boys, Girls  
Long Jump - Girls, Boys  
High Jump - Boys, Girls  
Pole Vault - Girls, Boys

\*\*\*In SHOT, DISCUS & LONG JUMP - 3 attempts for all and top 8 get 3 additional final attempts\*\*\*