

# Northwest Classen Knight Relays

@ Taft Stadium (Taft Middle School) 2501 N May Ave, Oklahoma City, OK 73107

## Saturday April 5, 2025

- COACHES' MEETING – 9:30am
- FIELD EVENTS – 9:45am (jumps)
- RUNNING EVENTS – 10:00am

**Two Divisions** – High School Girls and High School

**15 Teams-** Roster Only meet (no unattached)

Boys

- First come first serve

**SCORING** – 10-8-6-4-2-1(for open 100m and Jumps) / 20-16-12-8-4-2 (all Relays)

**AWARDS** – Individual: 1-3 medal / Relays: 1-3 / Team: Champion in each division (We have all medals ready this year!)

**ENTRY FEE** – HS Boys - \$100 HS Girls - \$100, JV Boys/Girls - \$50

- CONCESSIONS / ADMISSION – Concession stands will be open. Admission will be charged for spectators.

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Friday, April 5<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).

**Parking-** Both at Taft Stadium and across the street at NW Classen HS.  
Buses need to park in the Northwest Classen HS parking lot

**Make Checks Payable to:** Northwest Classen Track, 2801 NW 27<sup>th</sup>, Oklahoma City, OK 73107

**Contact:** Athletic Director: Chris Vandersypen [dcvandersypen@okcps.org](mailto:dcvandersypen@okcps.org)

Boys Coach: Gary Russell- [gmrussell@okcps.org](mailto:gmrussell@okcps.org)

Girls Coach: Aaron Franklin- [amfranklin@okcps.org](mailto:amfranklin@okcps.org)

**FIELD EVENTS** – Each athlete will be given three jumps, no final.

High Jump \_\_\_\_\_

Long Jump

**Running Events**

4x100

4x800 \_\_\_\_\_

800m-Sprint Medley (100,100,200,400)

1600m Mid-Distance Medley (200, 200,400,800)

Distance Medley (1200,400,800,1600)

Shuttle “Hurdle” Relay (100H, 110H)-Legs 1-3 start at Finish line, Legs 2-4 end at Finish line with

Open 100m

4x200

Thrower’s Relay (Boys and Girls)

4x400

