

THIS MEET IS THE BEST OPPORTUNITY FOR YOUR ATHLETES TO WIN MEDALS ANYWHERE THIS YEAR.



NRC

Invites

All OSSAA 4A and below schools and all ORES schools

to the

5th ANNUAL MIDDLE SCHOOL COUGAR CLASSIC

Monday, March 9, 2026

at the North Rock Creek School campus
42400 Garret's Lake Road, Shawnee, OK 74804

4 Divisions: 7th Girls, 7th Boys, 8th Girls, 8th Boys

C.M. 9:00 A.M. — F.E. 9:30 — TRACK 9:45

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

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.

*Submit all entries to athletic.net. Deadline is the day before the meet at 5pm. If you need assistance, contact cara@runenduro.com.

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.