



6TH ANNUAL COUGAR CLASSIC HIGH SCHOOL TRACK AND FIELD MEET

APRIL 20TH & 23RD, 2026

ALL OSSAA 4A AND BELOW HS TRACK AND FIELD TEAMS

Coaches, submit entries to athletic.net by 5pm the day before the meet. If you need assistance, contact cara@runenduro.com.

Medals for 1st-5th Place in all events

Admission will be charged

Monday, April 20th

Coaches meeting @ 4:00 PM & Events @ 4:15ish

Thursday, April 23rd

Coaches meeting @ 9:00 AM, Field Events @ 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 & 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 ys. 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 other events are 4A & below.

All of the "regular" track meet will be Thursday, April 23rd.

The only events contested on Monday, April 20th will be the first day events of the heptathlon and octathlon.

If you have any questions, 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 20th Order of Events

Multi-events start at approximately 4:15-4:30

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

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

Thursday, April 23rd 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
4x 400 m

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