

# Crush Kids Cancer Oswego Invitational

**Date:** Friday, April 24, 2026

**Site:** Erwin "Jeep" Dewey Track, Oswego Middle School  
8 lane track

**Time:** 4:15 pm start. Scratch time - 4:00 pm Start

**Cost:** \$350 per school (boys and girls), \$175 per team (boys or girls), \$35 per individual athlete

**Entry:** Entries will be made online

Entries due by Wednesday, April 22<sup>nd</sup> 9:00 pm

Limit 3 entries for individual events.

One relay team per school per relay event.

**Dress:** No locker rooms will be available, please come dressed.

There are only bathroom facilities.

**Awards:** Medals for first place - ribbons for second through sixth.

Plaques for outstanding runner and field performer.

**Officials:** F.A.T timing will be provided by Leone Timing

Officials will be at all key events. Each team must provide a coach to assist with working an event.

**Rules:** Federation rules will apply. Pin Spikes -  $\frac{1}{4}$ "

**Field Events:** Shot Put, Long Jump, Triple Jump, Discus - three attempts. Minimum distance required for measurement.

High Jump and Pole Vault - three attempts at each height.

**Concessions:** Food and clothing for sale during meet.

Please email your intent to participate to:

Jeff Gordon

[jgordon@oswego.org](mailto:jgordon@oswego.org)

If you have any questions, email, call, or text Jeff Gordon, Head Coach, at  
315-391-5876 or [jgordon@oswego.org](mailto:jgordon@oswego.org)

Checks should be made out to: Buc Boosters (put Track on the memo)

Mail Checks and registration form to:

Cynthia Lauzon

Athletic Director

1 Buccaneer Blvd

Oswego, NY 13126

Yes, we will be attending the invitational.

SCHOOL:

Boy's coach: \_\_\_\_\_

Boy's coach phone #/email:

Girl's coach: \_\_\_\_\_

Girl's coach phone #/email: \_\_\_\_\_

**Crush Kids Cancer Oswego Invitational  
Co-Ed TRACK and FIELD MEET**

**GENERAL INFORMATION – ORDER OF EVENTS**

3 entries per running event, one (1) relay team per event.

**ORDER OF EVENTS: Boys followed by Girls**

4 x 800 relay

400 meter IH

3200m

3000m

110 meter hurdles

100 meter hurdles

100 meter

400 M

1600m

1500m

Novice 1600 No entries under 5:25

Novice 1500 No entry under 6:00

200 meter

800 m

Throwers 4 x 100 meter relay Cannot take part in any other running event and must be  
entered in a throwing events

4 x 100 meter relay

4 x 400 meter relay

3000 Steeplechase

2000 Steeplechase

**FIELD EVENTS: 3 entries per event**

Shot Put, Discus-Three attempts. Min. distance needed for measurement (20/30. 40/60) Long Jump(north pit), Triple Jump (south pit) – Min. distance needed for measurement (13/16, 28/33)

High Jump – three attempts at each height. Starting height 4'(G) and 5'(B) Pole

Vault- three attempts at each height. Starting height 6' 5" (G) and 7'5" (B)