

# Crush Kids Cancer Oswego Invitational

- Date:** Friday, May 12, 2023
- Site:** Erwin "Jeep" Dewey Track, Oswego Middle School  
8 lane track
- Time:** 3:30 Scratch time - 4:00 Start
- Cost:** \$300 per school (boys and girls), \$175 per team (boys or girls)
- Entry:** Entries will be made online at: <https://ny.milesplit.com>  
Entries due by Wednesday, May 10th 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 and T-shirts for first place - ribbons for second through sixth.  
Plaques for outstanding runner and field performer.
- Officials:** F.A.T timing will be provided by Trackqua  
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 ASAP 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.

No, we will not be attending the invitational.

**SCHOOL:** \_\_\_\_\_

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

**Boy's coach phone #/email:** \_\_\_\_\_

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

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

**SUGGESTIONS:**

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**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: Girls before boys**

400 meter IH

3000m

3200m

100 meter hurdles

110 meter hurdles

100 meter

400 M

1500m

1600m

SMR 4-2-2-8

Novice 1500            No entries under 6:00

800 m

Novice 1600            No entry under 5:25

200 meter dash

Throwers 4 x 100 meter relay            Cannot take part in any other running event

3200 meter relay

4 x 100 meter relay

4 x 400 meter relay

2000 Steeplechase

3000 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)