

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 at

Entries due by Wednesday, April 22rd 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

If you have any questions, email, call, or text Jeff Gordon, Head Coach, at

315-391-5876 or 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

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Yes, we will be attending the invitational.

SCHOOL:

Boy's coach: _____

Boy's coach phone #/email:

Girl's coach: _____

Girl's coach phone #/email: _____

SUGGESTIONS:

**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)