

Bulldog Henry H.S. and J.H. Invitational Meet

Dear Coach,

Kingston High School would like to invite your school to the Harold “Bulldog” Henry Invitational Track and Field Meet. The meet will be held on Tuesday, March 24, 2015. Rules and regulations of the OSSAA will govern. The meet will start at 10:00 a.m.—coaches meeting at 9:15 a.m. at the field house.

There will FOUR divisions in the meet—

Division One Junior High Girls

Division Two Junior High Boys

Division Three High School Girls

Division Four High School Boys

**A 9th Grade Athlete may participate in either the Junior High division or the High School division but may not compete in both.

1. Entry fee will be \$75 per team or bring all 4 teams for \$275; \$10 for individuals
2. No camps will be allowed on the football field or track oval.
3. An athlete may participate in four events.
4. Each school may have three entries in each event.
5. Medals will be given to the first 5 places in each event.
6. No team trophies.
7. The track is a six lane all weather surface. Short spikes only.
8. There will be no preliminaries—FINALS ONLY.
9. Make checks payable to Kingston Schools—mail entries and fees to

John Caraway

P.O. Box 370

Kingston, OK 73439

9. Inclement weather—call John Caraway

(cell) 580-929-4500 (High School) 580-564-2384

Sincerely,

John Caraway

Head Track Coach

Bulldog Henry Invitational

Schedule of Events

RUNNING EVENTS:

Timed Finals 10:00 a.m.

400 Meter Relay JHGirls-JHBoys-HSGirls-HSBoys

3200 Meter Relay JHGirls-JHBoys-HSG-HSB

100 Meter Hurdles 30"--JHGirls; 33"—HSGirls

110 Meter Hurdles 33"--JHBoys; 39"--HSBoys

3200 Meter Run JHBoys-HSBoys

800 Meter Relay JHGirls-HSGirls

800 Meter Run JHGirls-JHBoys-HSG-HSB

100 Meter Dash JHGirls-JHBoys-HSG-HSB

3200 Meter Run JHGirls-HSGirls

400 Meter Dash JHGirls-JHBoys-HSG-HSB

300 Meter Hurdles 30" Girls—JHGirls-HSGirls

300 Meter Hurdles 30"—JHBoys; 36" Boys—HSBoys

200 Meter Dash JHGirls-JHBoys-HSG-HSB

1600 Meter Run JHGirls-JHBoys-HSG-HSB

1600 Meter Relay JHGirls-JHBoys-HSG-HSB

FIELD EVENTS:

Shot JHGirls-JHBoys-HSGirls-HSBoys

Discus HSGirls-HSBoys-JHGirls-JHBoys

Long Jump JHGirls-JHBoys-HSGirls-HSBoys

High Jump HSGirls-HSBoys-JHGirls-JHBoys

Pole Vault JHBoys-JHGirls-HSGirls-HSBoys