

# ***Bristow High School***

## **Athletic Department**

**Floyd Robinson** – Activities Director  
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## ***Bristow Junior High Meet*** **Thursday March 24th , 2016**

On behalf of the Bristow Public School System, we extend to you and your teams a sincere invitation to participate in our Junior High Boys and Girls Track and Field Meet. The following will give you the information you need for the meet. This will be a timed final meet. All schools are invited

**Entry Fee:** \$60.00 for each boys and girls team. \$10.00 per individual if less than four (4) members on a team. NO REFUNDS.

**Time:** All teams report to Bristow Football Field by 9:00 a.m. for coaches meeting. Field events will begin at 9:30 a.m. ó all running events at 10:00 a.m.

**Divisions:** There will be four divisions  
7<sup>th</sup> grade boys/girls  
8<sup>th</sup> grade boys/girls

**Medals:** Awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in all events.

**Trophies:** Awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams in all divisions.

**Team Points:** Awarded to 1<sup>st</sup> thru 6<sup>th</sup> places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2).

**Equipment:** Bristow will furnish all starting blocks to contestants. ¼ö or shorter spikes are required.

**Participants:** Each school can only enter 3 athletes in each event.

*Oklahoma Secondary School Association Rules Apply*

We hope that you and your teams can be with us for this track meet.

### **Contacts:**

**Shannon Hilburn – H. S. Track Coach**  
Email ó [shilburn@bristow.k12.ok.us](mailto:shilburn@bristow.k12.ok.us)

# Bristow Junior High Track Meet

## Schedule of Events

### Field Events

9:30 a.m.	High Jump	8B, 7B, 8G, 7G
	Long Jump	8G, 7G, 8B, 7B
	Shot	7B, 8B, 7G, 8G
	Discus	7G, 8G, 7B, 8B
	Pole Vault	7G, 8G, 7B, 8B

### Time Finals

10:00 a.m.	400 Relay	7-8 Girls, 7-8 Boys
	3200 Relay	7-8 Girls, 7-8 Boys
	100 Hurdles	7-8 Girls
	110 Hurdles	7-8 Boys
	800 Relay	7-8 Girls 7-8 Boys
	800 Run	7-8 Girls, 7-8 Boys
	100 M Dash	7-8 Girls, 7-8 Boys
	400 M Dash	7-8 Girls, 7-8 Boys
	300 M Hurdles	7-8 Girls, 7-8 Boys
	200 M Dash	7-8 Girls, 7-8 Boys
	1600 Run	7-8 Girls, 7-8 Boys
	1600 Relay	7-8 Girls, 7-8 Boys

### Opening Heights

Shot		Discus	
Boys(4k)	Girls(4k)	Boys	Girls
7 <sup>th</sup> ó 30ø	7 <sup>th</sup> ó 20ø	7 <sup>th</sup> ó 70ø	7 <sup>th</sup> ó 50ø
8 <sup>th</sup> ó 35ø	8 <sup>th</sup> ó 25ø	8 <sup>th</sup> ó 80ø	8 <sup>th</sup> ó 60ø

High Jump		Pole Vault	
Boys	Girls	Boys	Girls
7 <sup>th</sup> ó 4ø6ö	7 <sup>th</sup> ó 4ø	7 <sup>th</sup> ó 6ø	7 <sup>th</sup> ó 5ø
8 <sup>th</sup> ó 4ø8ö	8 <sup>th</sup> ó 4ø2ö	8 <sup>th</sup> ó 7ø	8 <sup>th</sup> ó 6ø