

Bristow High School

Athletic Department

Floyd Robinson – Activities Director
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Darold Ritchie Invitational **Saturday April 16th, 2016**

On behalf of the Bristow Public School System, we extend to you and your teams a sincere invitation to participate in our High School 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. TEAMS 5A AND BELOW.

Entry Fee: \$90.00 for each boys and girls team. \$12.00 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 two (2) divisions: HS boys and HS girls.

Medals: Awarded to 1st, 2nd, and 3rd places in all events.

Trophies: Awarded to 1st and 2nd place teams in all divisions.

Team Points: Awarded to 1st thru 6th 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 – Track Coach
Email ó shilburn@bristow.k12.ok.us

Bristow High School Track Meet

Schedule of Events

Field Events

9:30 a.m.	High Jump	Boys, Girls
	Long Jump	Girls, Boys
	Shot	Boys, Girls
	Discus	Girls, Boys
	Pole Vault	Boys, Girls

Time Finals

10:00 a.m.	400 Relay	Girls, Boys
	3200 Relay	Girls, Boys
	100 Hurdles	Girls (33ö)
	110 Hurdles	Boys (39ö)
	3200 Run	Boys
	800 Relay	Girls, Boys
	800 Run	Girls, Boys
	100 M Dash	Girls, Boys
	Break for Lunch	
	3200 Run	Girls
	400 M Dash	Girls, Boys
	300 Hurdles	Girls (30ö)
	300 Hurdles	Boys (36ö)
	200 M Dash	Girls, Boys
	1600 Run	Girls, Boys
	1600 Relay	Girls, Boys

Qualifying Distances and/or Starting Heights

High Jump		Long Jump		Pole Vault	
Boys	Girls	Boys	Girls	Boys	Girls
5ø4ö	4ø6ö	18ø	14ø	8ø6ö	6ø6ö
	Shot		Discus		
	Boys	Girls	Boys	Girls	
	40ø	30ø	100ø	80ø	