



**OKMULGEE PUBLIC SCHOOLS &**



**OKMULGEE JR HIGH SCHOOL**

*Presents the*

**2016 BULLDOG JR High INVITATIONAL**

On behalf of the Okmulgee JR High School and Okmulgee Public Schools, we are extending an invitation to participate in our JR High School Boys and Girls Track and Field meet. We have a new 8 lane track and it promises to be a very fast and well ran venue.

Location: Harmon Stadium 601 E. 12<sup>th</sup> St Okmulgee, OK West on 13<sup>th</sup> off of Highway 75 then right on Rogers St Buses Park in Big Lot  
(918)758-2075 Phone # (918)758-2096 fax #

Entry Fee: **\$75.00** for each division if you confirm early. **\$85.00** if you don't confirm.  
For teams of four athletes or less: \$15.00 per person. Please make checks payable To Okmulgee High School.

**Please fax or E-mail your roster of all Athletes as soon as possible:  
Kgordon@Okmulgeeps.com (918) 813-6340 cell #**

**Buses enter from 13<sup>th</sup> and Rogers just east of the stadium**

Divisions: There will be 6 Divisions: Boys, Girls, OSSAA TRACK RULES APPLY

Date/ Time: March 29, 2016. Coaches meeting will be at 9:30am and the meet starts at 10:00.

Limitations: Each school is limited to 1 relay team per division. B teams are permitted only by Permission of Coach Pankey with a fee of \$20.00 per B team.  
Each School is limited to 3 competitors per event. Each contestant is limited to 4 Events, including relays and field events.

Medals: Medals will be awarded to the top three finishers in each event.

Trophies: Plaques will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams in both divisions.

Team Points: Points will be scored as followed: 10, 8, 6,4,2,1 & doubled for relays.

Equipment: Okmulgee will furnish all starting blocks. ¼ 3 spikes or shorter are required.

Facilities: No Dressing Facilities and restrooms will be on the south side of the stadium.

Dinner: We will have dinner during the meet for coaches and workers.

**Bulldog Schedule of Events**  
**03/29/16**  
**JR Bulldog Invitational**

JR Bulldog Invitational:  
 March 29<sup>th</sup>, 2016

9:30 Coaches meeting in the Lockerroom

10:00 Field Events Begin

Note: There will be 3 jumps and throws in Field events.  
 And the top 8 will go to finals for 3 more attempts.

Long Jump- Boys, Girls 7B-8B-9B-7G-8G-9G  
 Shot- Girls, Boys 7G-8G-9G-7B-8B-9B  
 Discus- Boys, Girls 7B-8B-9B-7G-8G-9G  
 Pole Vault- Girls, Boys 7G-8G-9G-7B-8B-9B  
 High Jump- Girls, Boys 7G-8G-9G-7B-8B-9B

Timed Finals Meet

11:30	400 Relay	Girls	Boys
	3200 Relay	Girls	Boys
	100 Hurdles	Girls	
	110 Highs		Boys
	100m Dash	Girls	Boys
	3200 Run		Boys
	800 Relay	Girls	Boys
	3200 Run	Girls	
BREAK	BREAK	BREAK	40mins
	400m Dash	Girls	Boys
	800m Dash	Girls	Boys
	300 Hurdles	Girls	Boys
	200m Dash	Girls	Boys
	1600m Run	Girls	Boys
	1600m Relay	Girls	Boys

There will be a coaches meal provided at the beginning of the girls 3200 run.