

OKLAHOMA BAPTIST UNIVERSITY BISON INVITATIONAL

Shawnee, Ok

Attention: Schools planning to attend this meet must submit their entries

on runendurousa.com. This is a Roster Only meet.

Entry deadline for this meet is MONDAY, April 10th by 6:00pm.

Date: Tuesday, April 11, 2017

Coach's meeting: 8:30am

Events: 9:00am

Cost: \$75 per team/\$150 for boys and girls, \$25 for individuals.

Entry Fee: Make check payable to OBU and mail to:

Ford Mastin OBU Box 61209

Shawnee, OK 74804 * You can bring check to the meet.

Divisions: Large School - Boys and Girls [5A and 6A combined]

Small School - Boys and Girls [4A, 3A, and 2A, A combined]

Awards: Medals to top three individuals and relays in each division.

Team Champion and Team Runner-Up trophy for each division.

Entries: Three athletes in all events. You can run more than one relay.

You can enter more than 3 athletes if you pay for a "B" team.

(\$15/person not to exceed \$75)

Concession: There will be a concession stand available.

Lunch: Provided for all coaches.

Heats: Will be determined by previous best performances. All running

events will be timed finals, heats against time. F.A.T. timing will be used. Throws and LJ will be three attempts for every competitor.

Seven will advance to finals.

Combined: This year we have created the *Combined Divisions Special*. These

races give athletes the opportunity to race across class divisions. Times from earlier in the meet qualify for this special race opportunity. If you have a top 8 time in the 400m relay or 100H/110H and want to race in this special event opportunity simply declare at the heating area when called.

These events are non-scoring but will be medaled.

Note: We will heat athletes approximately 30 minutes before their event.

All athletes MUST have their competitor number on their hand before

they arrive at the heating/field event area.

Contact: Ford Mastin - ford.mastin@okbu.edu, (405) 878-2133

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Field Events - 9:00AM

Shot Put: Large School (Boys) - Small School (Boys) - Large School (Girls) - Small School (Girls)

Discus: Small School (Boys) - Large School (Boys) - Small School (Girls) - Large School (Girls)

Long Jump: Small School (Boys) - Large School (Boys) - Large School (Girls) - Small School (Girls)

High Jump: Small School (Girls) - Large School (Girls) - Small School (Boys) - Large School (Boys)

Pole Vault: Large School & Small School (Boys) - Large School & Small School (Girls)

*Points and medals will be awarded separately.

Running Events - 9:00AM

Athletes must follow the order of events as a time schedule. Punctuality is required for heating in each event. Girls (G), Boys (B).

400m Relay: Small School (G) - Large School (G) - Small School (B) - Large School (B)

3200 Relay: Small School (G) - Large School (G) - Small School (B) - Large School (B)

100m Hurdles: Small School (G) - Large School (G)

110m Hurdles: Small School (B) - Large School (B)

3200 Run: Small School (B) - Large School (B)

800m Relay: Small School (G) - Large School (G) - Small School (B) - Large School (B)

3200 Run: Small School (G) - Large School (G)

100m Dash: Small School (G) - Large School (G) *East Side of Track

100m Dash: Small School (B) - Large School (B) *West Side of Track

800m Run: Small School (G) - Large School (G)

*400m Relay: Combined Divisions Special (G) - Combined Divisions Special (B)

800m Run: Small School (B) - Large School (B)

*100m Hurdles: Combined Divisions Special (G)

*110m Hurdles: Combined Divisions Special (B)

400m Dash: Small School (G) - Large School (G) - Small School (B) - Large School (B)

300m Hurdles: Small School (G) - Large School (G) - Small School (B) - Large School (B)

200m Dash: Small School (G) - Large School (G) - Small School (B) - Large School (B)

1600m Run: Small School (G) - Large School (G) - Small School (B) - Large School (B)

1600m Relay: Small School (G) - Large School (G) - Small School (B) - Large School (B)