

# ***Bristow High School***

## **Athletic Department**

**Floyd Robinson** – Activities Director  
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## ***Darold Ritchie Invitational***

**Friday April 13th, 2018**

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 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 – Track Coach**  
Email ó [shilburn@bristow.k12.ok.us](mailto: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        |       |