

Bulldog Relays

Wednesday, March 7, 2018

COACHES MEETING AT 9:00

RUNNING EVENTS AT 10:00

DIVISIONS: 5/6 BOYS, GIRLS AND 7/8 BOYS, GIRLS

ENTRY FEE: \$60 PER TEAM. \$10 PER INDIVIDUAL (4 OR LESS)

TRACK: 5 LANE CINDER TRACK

PARTICIPATION: 3 CONTESTANTS PER EVENT, 1 RELAY PER SCHOOL

AWARDS: MEDALS FOR TOP 5 PLACES.

FACILITIES: NO DRESSING ROOMS; BATHROOMS AVAILABLE

A CONCESSION STAND WILL BE PROVIDED

COACHES WILL HAVE A HOSPITALITY ROOM

PLEASE RSVP TO: JUSTIN KANA (918) 290-0001

QUESTIONS/ WEATHER: JUSTIN KANA (918) 290-0001 OR MARK BARRETT (580) 229-0540

TEAM CAMPS: NO TEAMS WILL CAMP ON THE INFIELD. ALL CAMPS WILL BE AROUND OUTSIDE OF TRACK.

MAKE CHECKS PAYABLE TO **HEALDTON SCHOOLS**

FIELD EVENTS (9:30)

SHOT PUT: 7/8GIRLS; 7/8 BOYS; 5/6 GIRLS; 5/6 BOYS

DISCUS: 7/8 BOYS; 7/8 GIRLS; 5/6 BOYS; 5/6 GIRLS

HIGH JUMP: 5/6 GIRLS; 5/6 BOYS; 7/8 GIRLS; 7/8 BOYS

LONG JUMP: 5/6 BOYS; 5/6 GIRLS; 7/8 BOYS; 7/8 GIRLS

RUNNING EVENTS (10:00)

400 M RELAY (G-B)

3200 M RELAY (G-B)

100 HURDLES (5/6 G, B AND 7/8 G, B)

800 M RELAY (G-B)

800 RUN (G-B)

100 M DASH (G-B)

400 M DASH (G-B)

200 M DASH (G-B)

1600 M RUN (G-B)

1600 M RELAY (G-B)