



## 1st Bridge Creek High School

**Friday, April 12, 2019**

This meet is open to all schools. If you plan on attending, please respond by email to [scott.ohara@bridgecreek.k12.ok.us](mailto:scott.ohara@bridgecreek.k12.ok.us)

**Coaches Meeting:** 8:30 AM in the weight room.

**Field Events:** 9:00 AM      **Running Events:** 9:30 AM

**Divisions:** High School Girls, High School Boys

**Entrants:** Each contestant is limited to four (4) events, including relays. Each school is limited to five (5) entrants in each event. Each school can have unlimited relay entries, although all "A" relays will run in the same heat. Only three (3) athletes and one (1) relay from a school can score points.

**Awards:** Medals will be given to the top five placers

**Field Events:** Each competitor will have 3 preliminary attempts, the top 8 will qualify for the finals and receive 3 additional attempts.

**Heating:** The heating benches will be on the north end of the field.

**Concessions/Admission:** No ice chest please, there will be a full concession available and a hospitality room for the coaches. Admission will be charged to all the spectators.

**Parking:** Bus parking will be on the west side of the field house and northeast of the Middle School.

**Entry Fee:** \$100 per team boys and girls, \$200 for both teams, \$20 for an Individual (5 or less athletes)

**To Enter:** Please confirm your entry by email.

**Please make checks payable to Bridge Creek Track**

**Mail to:** Scott O'Hara  
2209 E Sooner Road  
Blanchard, OK 73010

**Inclement Weather**  
Scott O'Hara - Head Track 405-589-1955  
Clint York - Athletic Director 405-249-2580

## ORDER OF EVENTS

8:30 Coaches Meetings 9:00 Starting Time

### Field Events

9:00 AM  
Girls High Jump  
Boys Long Jump  
Boys Shot Put  
Girls Discus  
Boys Pole Vault

10:30 AM  
Boys High Jump  
Girls Long Jump  
Girls Shot Put  
Boys Disc  
Girls Pole Vault

### Running Events

9:30 AM  
3200 M Run - Girls, Boys  
4x100 Relay - Girls, Boys  
4x800 Relay - Girls, Boys  
100 Hurdles 33" - Girls  
110 H Hurdles 39" - Boys  
4x200 Relay - Girls, Boys  
800 M Run - Girls, Boys  
100 M Dash - Girls, Boys  
Fat Mans Relay  
400 M Dash - Girls, Boys  
300 M Lows - Girls  
300 M Intermediate Hurdles - Boys  
200 M Dash - Girls, Boys  
1600 M Run - Girls, Boys  
4x400 M Relay - Girls, Boys

We will run a fat mans relay (must throw the shot or disc) that will have to have at least 1 girl athlete on the team to compete.

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