

Bristow High School

Athletic Department

Floyd Robinson – Activities Director
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Bristow Junior High Meet **Thursday March 28th , 2019**

On behalf of the Bristow Public School System, we extend to you and your teams a sincere invitation to participate in our Junior High 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. All schools are invited

Entry Fee: \$60.00 for each boys and girls team. \$10.00 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 four divisions
7th grade boys/girls
8th grade boys/girls

Medals: Awarded to 1st, 2nd, and 3rd places in all events.

Trophies: Awarded to 1st and 2nd place teams in all divisions.

Team Points: Awarded to 1st thru 6th 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 – H. S. Track Coach
Email ó shilburn@bristow.k12.ok.us

Bristow Junior High Track Meet

Schedule of Events

Field Events

9:30 a.m.	High Jump	8B, 7B, 8G, 7G
	Long Jump	8G, 7G, 8B, 7B
	Shot	7B, 8B, 7G, 8G
	Discus	7G, 8G, 7B, 8B
	Pole Vault	7G, 8G, 7B, 8B

Time Finals

10:00 a.m.	400 Relay	7-8 Girls, 7-8 Boys
	3200 Relay	7-8 Girls, 7-8 Boys
	100 Hurdles	7-8 Girls
	110 Hurdles	7-8 Boys
	800 Relay	7-8 Girls 7-8 Boys
	800 Run	7-8 Girls, 7-8 Boys
	100 M Dash	7-8 Girls, 7-8 Boys
	400 M Dash	7-8 Girls, 7-8 Boys
	300 M Hurdles	7-8 Girls, 7-8 Boys
	200 M Dash	7-8 Girls, 7-8 Boys
	1600 Run	7-8 Girls, 7-8 Boys
	1600 Relay	7-8 Girls, 7-8 Boys

Opening Heights

Shot		Discus	
Boys(4k)	Girls(4k)	Boys	Girls
7 th ó 20ø	7 th ó 20ø	7 th ó	7 th ó
8 th ó 30ø	8 th ó 25ø	8 th ó	8 th ó
High Jump		Pole Vault	
Boys	Girls	Boys	Girls
7 th ó 4ø6ö	7 th ó 3ø8ö	7 th ó 6ø	7 th ó 5ø
8 th ó 4ø8ö	8 th ó 3ø10ö	8 th ó 7ø	8 th ó 6ø