# BulldögerS

Dewey Athletic Department #1 Bulldogger Road Dewey, OK 74029

Track Coach: Dan Close (Ext. 224) Athletic Director: Travis Ruble (Ext. 240)

# GREG THOMAS INVITATIONAL Bulldogger Junior High Track Meet

Thursday, March 28, 2019 9:30AM Coaches Meeting-Events start at 10 AM

## **COACHES MEAL (with RSVP)**

Entry Fee:	4 divisions @ \$75.00 per division or \$10.00 per individual when less than 4.			
<u>Time:</u>	Coaches meeting at 9:30. Field events and running events start at 10:00.			
Divisions:	Four Divisions- 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys, 7 <sup>th</sup> Girls and 8 <sup>th</sup> Girls. (4A and below).			
<u>Limitations:</u>	Each contestant is limited to four events including relays. Each team limited to three contestants per event, and one team per relay.			
Field Events:	Three throws in the shot and discus. Three jumps in the long jump.			
<u>Awards:</u>	Medals will be given to top three places, and plaques to the top two teams in each division.			
<u>Points:</u>	Individual events will be pointed 10-8-6-4-2-1. Relays will be pointed 20-16-12-8-4-2.			
<u>Equipment:</u>	You must provide your own equipment for field events. We will provide starting blocks. <u><sup>1</sup>/<sub>4</sub> inch spikes or shorter are required.</u>			
<u>Format:</u>	Timed-Finals. *** All O.S.S.A.A rules will apply			
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### Phone (534-0933 x240) to guarantee meal & cancellation notice.

School Name			Contact Name	
<b>MS Boys Division</b>	Yes	No	Ph #	
<b>MS</b> Girls Division	Yes	No	Fax #	
Total # of Coaches				

#### Dewey Jr. High Track Meet-March 28, 2019

**Field Events** 

<u>High Jump – 7<sup>th</sup> Girls – 8<sup>th</sup> Girls – 7<sup>th</sup> Boys – 8<sup>th</sup> Boys</u> <u>Long Jump – 7<sup>th</sup> Boys – 8<sup>th</sup> Boys – 7<sup>th</sup> Girls – 8<sup>th</sup> Girls</u> <u>Shot Put – 7<sup>th</sup> Girls – 8<sup>th</sup> Girls – 7<sup>th</sup> Boys – 8<sup>th</sup> Boys</u> <u>Discus – 7<sup>th</sup> Boys – 8<sup>th</sup> Boys – 7<sup>th</sup> Girls – 8<sup>th</sup> Girls</u> <u>Pole Vault – Boys – Girls</u>

**Running Events** 

3200 Relay - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls -7<sup>th</sup> Boys - 8<sup>th</sup> Boys 100 Meter Hurdles - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls 110 Hurdles - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 400 Meter Relay - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 800 Meter Run - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 800 Meter Relay -7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 100 Meters - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 400 Meters - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 300 Meter Hurdles -7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 200 Meters - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 1600 Meter Run - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys 1600 Meter Relay - 7<sup>th</sup> Girls - 8<sup>th</sup> Girls - 7<sup>th</sup> Boys - 8<sup>th</sup> Boys