

STRATFORD 7TH and JH TRACK MEET

MARCH 28, 2019

We would like to invite you to the 2nd annual Stratford 7TH and Junior High Track and Field Meet in Stratford, OK. The meet will be Thursday, March 28th, with the coaches meeting beginning at 9:00 a.m. The field events will start at 9:30 a.m., with the running events at 10:00 a.m. Athletes can enter up to 4 events. Each school may enter 1 relay or 3 individuals per event. We have a new 6 lane all weather surface track and would ask that your athletes wear ¼ inch spikes (Coaches please check). A hospitality room will be provided for coaches.

DIVISIONS: 7TH Girls, 7th Boys, JH Girls, JH Boys

ENTRY FEE: \$70 per division, \$280 for all four and \$15 for individuals (4 or less). No B teams. Make checks payable to Stratford Athletics. You can mail checks to: Attn: Jason Fulks, Stratford Public Schools, P.O. Box 589, Stratford, OK 74872 or bring check to the meet.

****Please call or e-mail Coach Fulks if you plan to attend. ****

AWARDS: Medals will be given to the top 5 places in each event and each relay. No team Trophies.

***OSSAA RULES WILL GOVERN THE MEET**

CONTACTS:

Jason Fulks-

580-310-2510- Cell Phone

580-759-3615- School Number

jfulks@stratford.k12.ok.us- email

*** GIRLS BEFORE BOYS AND 7TH BEFORE JH ON RUNNING EVENTS**

Running events at 10:00 a.m.

Field events at 9:30 a.m.

400 relay-7G,JHG,7B,JHB

Long jump- JHB,7B,JHG,7G

3200 relay-7G,JHG,7B,JHB

High jump-JHG,7G,JHB,7B

100 hurdles-7G,JHG,

Shot- 7B,JHB,7G,JHG

110 hurdles-7B,JHB

Discus- 7G,JHG,7B,JHB

3200 m run-JHB ONLY

*** Pole Vault- all girls,all boys**

800 m relay-7G,JHG,7B,JHB

800 m run-7G,JHG,7B,JHB

100 m dash-7G,JHG,7B,JHB

3200 m run-JHG ONLY

400 m dash-7G,JHG,7B,JHB

300 m hurdles-7G,JHG,7B,JHB

200 m dash-7G,JHG,7B,JHB

1600 m run -7G,JHG,7B,JHB

1600 m relay-7G,JHG,7B,JHB

*** POLE VAULT WILL ONLY TAKE PLACE IF WE HAVE A PARTICIPATING SCHOOL WILLING TO RUN THE EVENT. PLEASE CONTACT ME IF YOU ARE WILLING TO RUN POLE VAULT.**