

# **STRATFORD INVITATIONAL TRACK MEET**

**MARCH 29, 2019**

**THIS TRACK MEET IS FOR 3A-A ONLY**

**We would like to invite you to the 2nd annual Stratford Invitational High School Track and Field Meet in Stratford, OK. The meet will be Friday March 29, 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.**

**ENTRY FEE: \$80 per division, \$160 for both 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](mailto:jfulks@stratford.k12.ok.us)- email**

**Running events at 10:00 a.m.**

**400 relay-girls/boys**  
**3200 relay- girls/boys**  
**100 hurdles- girls**  
**110 hurdles-boys**  
**3200 m run-girls**  
**800 m relay- girls/boys**  
**800 m run- girls/boys**  
**100 m dash- girls/boys**  
**3200 m run- boys**  
**400 m dash- girls/boys**  
**300 m hurdles- girls/boys**  
**200 m dash- girls/boys**  
**1600 m run – girls/boys**  
**1600 m relay- girls/boys**

**Field events at 9:30 a.m.**

**Long jump- boys/girls**  
**High jump- girls/boys**  
**Shot- boys/girls**  
**Discus- girls/boys**  
**\* Pole Vault- boys/girls**

**\* 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.**