



Inaugural Bridge Creek High School Track Meet

Thursday, April 9, 2020

This meet is open to all schools. If you plan on attending, please respond by email to 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.
