

Bulldog Relays

Friday, April 17, 2020

COACHES MEETING AT 9:00

FIELD EVENTS AT 9:30

RUNNING EVENTS AT 10:00

DIVISIONS: HS BOYS AND GIRLS

ENTRY FEE: \$80 PER TEAM. \$15 PER INDIVIDUAL (4 OR LESS). BOYS AND GIRLS IS \$160. JV TEAM IS \$80

TRACK: NEW 5 LANE ALL-WEATHER TRACK

PARTICIPATION: 3 CONTESTANTS PER EVENT, 1 RELAY PER SCHOOL

AWARDS: MEDALS FOR TOP 5 PLACES.

FACILITIES: NO DRESSING ROOMS; BATHROOMS AVAILABLE

A CONCESSION STAND WILL BE PROVIDED

COACHES WILL HAVE A HOSPITALITY ROOM

PLEASE RSVP TO: JUSTIN KANA (918) 290-0001

QUESTIONS/ WEATHER: JUSTIN KANA (918) 290-0001 OR MIKE PHILLIPS (580) 229-0540

TEAM CAMPS: NO TEAMS WILL CAMP ON THE INFIELD. ALL CAMPS WILL BE AROUND OUTSIDE OF TRACK.

MAKE CHECKS PAYABLE TO **HEALDTON SCHOOLS**

FIELD EVENTS (9:30)

SHOT PUT: G-B

DISCUS: B-G

HIGH JUMP: G-B

LONG JUMP: B-G

RUNNING EVENTS (10:00)

400 M RELAY (G-B)

3200 M RELAY (G-B)

100 HURDLES

110 HURDLES

3200M RUN (B)

800 M RELAY (G-B)

800 RUN (G-B)

100 M DASH (G-B)

3200M RUN (G)0

400 M DASH (G-B)

300M HURDLES

200M DASH (G-B)

1600 M RUN (G-B)

1600 M RELAY (G-B)