

# Harold “Bulldog” Henry Track Meet

Friday, April 10, 2020

Coaches meeting begins at 9:15 am in Field House

Field events will start 9:30 am

Running Events will start at 10:00 am

This meet will be for High School 4A and below.  
**We have an all-weather six lane track (poly-urethane track).**  
¼ “spike or shorter will be used.

There will be two (2) divisions: HS Girls and HS Boys.

- ❖ **ENTRY FEE** will be \$85.00 per team.
- ❖ **MEDALS** will be given to the first five (5) places in each event.
- ❖ Each school may have three (3) entries in each event and one (1) relay per school.
- ❖ **INDIVIDUALS:** Entry fee for an individual is \$15.00 (a team consists of at least four (4) individuals).
- ❖ An athlete may participate in a maximum of four (4) events.
- ❖ No camps will be allowed on the football field or track oval.
- ❖ No team trophies.

**In the event of inclement weather call:**

- Chris McGowan-580-920-9592
- Taylor Wiebener- 580-748-1012

**Entry fees should be mailed to:**

Taylor Wiebener, Athletic Director  
Kingston High School  
PO Box 370  
Kingston, OK 73439

## HAROLD "BULLDOG" HENRY TRACK MEET SCHEDULE OF EVENTS

### **RUNNING EVENTS:**

**10:00 AM**

400 METER RELAY- HS Girls- HS Boys  
3200 METER REALY- HS Girls- HS Boys  
100 METER HURDLES 30"- HS Girls  
110 METER HURDLES 33"- HS Boys  
3200 METER RUN- HS Boys  
800 METER RELAY- HS Girls- HS Boys  
800 METER RUN- HS Girls- HS Boys  
100 METER DASH- HS Girls- HS Boys  
3200 METER RUN- HS Girls  
400 METER DASH- HS Girls- HS Boys  
300 METER HURDLES 30"- HS Girls  
300 METER HURDLES 36"- HS Boys  
200 METER DASH- HS Girls- HS Boys  
1600 METER RUN- HS Girls- HS Boys  
1600 METER RELAY- HS Girls- HS Boys

### **FIELD EVENTS:**

**9:30 AM**

SHOT - HS Girls- HS Boys  
DISCUS- HS Boys- HS Girls  
LONG JUMP- HS Girls- HS Boys  
HIGH JUMP- HS Boys- HS Girls  
POLE VAULT- HS Girls- HS Boys