

Bristow High School

Athletic Department
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Bristow Freshmen Meet **Monday April 12th, 2021**

On behalf of the Bristow Public Schools System, we extend to you and your teams a sincere invitation to participate in our Freshmen Boys and Girls Track and Field Meet. The following will give you the information you need for the meet. This will be a timed finals meet. **Limited to 12 teams!!**

Entry Fee: \$60 for each boys and girls team. \$10 per individual if less than (4) members on a team. NO REFUNDS.

Time: All teams report to Bristow Football Field by **3:30 pm** for coaches meeting. All events will begin at **4:00 p.m.**

Divisions: There will be two (2) divisions. 9th Grade Boys/Girls

Medals: Awarded to 1st, 2nd, 3rd, 4th, 5th, in all individual events and 1st, 2nd, and 3rd in the relay events.

Trophies: No team trophies will be awarded.

Team Points: Awarded to 1st - 6th places (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in relay events.

Equipment: Bristow will furnish all starting blocks to contestants. $\frac{1}{4}$ " or shorter spikes are required.

Participants: Each school can only enter 3 athletes in each event.

Oklahoma Secondary School Association Rules Apply

Contact: Shannon Hilburn (Track Coach) email: shilburn@bristow.k12.ok.us

Bristow Freshmen Track Meet

Schedule of Events

Field Events

4:00 p.m.	High Jump	Boys, Girls
	Long Jump	Girls, Boys
	Shot	Boys, Girls
	Discus	Girls, Boys
	Pole Vault	Girls, Boys

Time Finals

4:00 p.m.	400 Relay	Girls, Boys
	3200 Relay	Girls, Boys
	100 Hurdles	Girls (33")
	110 Hurdles	Boys (39")
	800 Relay	Girls, Boys
	800 Run	Girls, Boys
	100 Dash	Girls, Boys
	3200 Run	Girls/Boys
	400 Dash	Girls, Boys
	300 Hurdles	Girls (30")
	300 Hurdles	Boys (36")
	200 Dash	Girls, Boys
	1600 Run	Girls/Boys
	1600 Relay	Girls, Boys

Qualifying Distances and/or Starting Heights

High Jump

<u>Boys</u>	<u>Girls</u>
5-00	4-00

Pole Vault

<u>Boys</u>	<u>Girls</u>
8-00	6-00

Shot

<u>Boys (4k)</u>	<u>Girls (4k)</u>
35'	20'

Discus

<u>Boys (1k)</u>	<u>Girls (1k)</u>
100'	60'