# Bulldögers

Dewey Athletic Department #1 Bulldogger Road Dewey, OK 74029

Track Coach: Dan Close (Ext. 224) Athletic Director: Travis Ruble (Ext. 240)

# GREG THOMAS INVITATIONAL Bulldogger <u>High School</u> Track Meet

### Tuesday, March 23, 2021 9:30 AM Coaches Mtg. – <u>Pole Vault starts 9:45</u>-Other events start at 10

## . COACHES MEAL (with RSVP)

<u>Entry Fee:</u>	\$75.00 (4 or more) per division, or \$10.00 per individual when less than 4.
<u>Time:</u>	<u>Coaches meeting at 9:30.</u> Pole vault at 9:45. Other events start at 10:00.
<u>Divisions:</u>	2 Divisions - HS-Boys Division and HS-Girls Division (4A and below).
<u>Limitations:</u>	Each contestant is limited to four events including relays. Each team limited to three contestants per event, and one team per relay.
Field Events:	Three throws in the shot and discus. Three jumps in the long jump.
<u>Awards:</u>	Medals will be given to top three places, and plaques to the top two teams in each division.
<u>Points:</u>	Individual events will be pointed 10-8-6-4-2-1. Relays will be pointed 20-16-12-8-4-2.
<u>Equipment:</u>	You must provide your own equipment for field events. We will provide starting blocks. <u>1/4 inch spikes or shorter are required.</u>
<u>Format:</u>	Timed-finals format. *** All O.S.S.A.A rules will apply

#### Phone (534-0933 x240 or x241) to guarantee meal & cancellation notice.

School Name			Contact Name	
HS Boys Division	Yes	No	Ph #	
HS Girls Division	Yes	No	Fax #	
Total # of Coaches				

#### Dewey High School Track Meet-March 23, 2021 The Greg Thomas Invitational

#### **Order of Events**

<u>Field Events</u>-3 Throws/Jumps. No qualifying distance--Everyone will get measured

High Jump	Boys	Girls
Long Jump **Due to a shared runway with the Pole Vault, Long Jump will begin after the Vaulting is completed.		Boys
Shot Put		Girls
Discus		Boys
Pole Vault **STARTS AT 9:45		Boys

Running Events		
400 Meter Relay	Girls	Boys
3200 Meter Relay	Girls	Boys
100 Meter Hurdles	Girls	
110 Meter Hurdles		Boys
3200 Meter Run	Boys	
800 Meter Relay		Boys
800 Meter Run	Girls	Boys
100 Meter Dash	Girls	Boys

#### Lunch Break

3200 Meter Run		
400 Meter Dash		Boys
300 Meter Hurdles		Boys
200 Meter Dash		Boys
1600 Meter Run		Boys
1600 Meter Relay		Boys