BulldöggerS

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 $\underline{High\ School}$ Track Meet

Tuesday, March 21, 2023 9:30 AM Coaches Mtg. – <u>Pole Vault starts 9:45</u>-Other events start at 10

. COACHES MEAL (<u>please RSVP</u>)				
Entry Fee:	\$75.00 (4 or more) per division, or \$10.00 per individual when less than 4.			
Time:	Coaches meeting at 9:30. Pole vault at 9:45. Other events start at 10:00.			
Divisions:	2 Divisions - <u>HS-Boys Division</u> and <u>HS-Girls Division</u> (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	nts: Three throws in the shot and discus. Three jumps in the long jump.			
Awards:	Medals will be given to top three places, and plaques to the top two teams in each division.			
Points:	Individual events will be pointed 10-8-6-4-2-1. Relays will be pointed 20-16-12-8-4-2.			
Equipment:	You must provide your own equipment for field events. We will provide starting blocks. 4 inch spikes or shorter are required.			
Format:	Timed-finals format. ***All O.S.S.A.A rules will apply			
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<u>]</u>	Phone (534-0933 x240 or x241) to guarantee meal & cancellation notice.			
School Name	Contact Name			
HS Boys Div	ision Yes No Ph #			
HS Girls Div	rision Yes No Fax #			
Total # of Coaches				

Dewey High School Track Meet-March 21, 2023 The Greg Thomas Invitational

Order of Events

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

High Jump		Girls
Long Jump **Due to a "shared" runway, we MAY have to delay the LJ until after the Pole Vault competition is completed. (Meet Day Decision.)		Boys
Shot Put	Boys	Girls
Discus		Boys
Pole Vault **STARTS AT 9:45		Boys

Running Events

400 Meter Relay		Boys
3200 Meter Relay		Boys
100 Meter Hurdles		
110 Meter Hurdles		Boys
3200 Meter Run		
800 Meter Relay		Boys
800 Meter Run		Boys
100 Meter Dash		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