

Harold “Bulldog” Henry Track Meet

TUESDAY, APRIL 11, 2023

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 \$90.00 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.

Attention: The On-line Entry DEADLINE for our meet is **MONDAY, APRIL 3, 2023 @ 6pm.** (((The meet will be CLOSED at 6pm!))) No late entries accepted. --- Schools planning to attend must submit their entries on the ENDURO USA website by completing ALL the necessary steps on our meet’s “ENTRIES Window”.

If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. --- NO exceptions. --- Please log into your ENDURO USA account at: www.endurousa.com

In the event of inclement weather call:

- DeWayne Taylor-580-220-8945
- 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 RELAY- 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