

Stratford Bulldogs Invitational Track Meet (3A-A ONLY)

March 24th, 2023

Start Time: The coaches meeting will start at 9:00 at the indoor hitting facility (Big Red Building). The field events will start at 9:30 and running events at 10:00.

*Athletes can enter up to 4 events. Each school may enter 1 relay and 3 individuals per event. We have an all-weather surface track and would ask that your athletes wear ¼ inch spikes. ***A hospitality room will be provided for the coaches.***

Entry Fee/Payment: \$80 per division, \$160 for both, and \$15 for individuals (3 or less). No B teams. Make checks payable to Stratford Athletics. You can mail checks to: Stratford Public Schools, P.O. Box 589, Stratford, OK 74872 or bring a check to the meet.

Awards: Medals will be given to the top 5 places in each event and each relay. There will be no team trophies. *OSSAA RULES WILL GOVERN THE MEET.

Contacts: Call, text, or email If you plan to attend or have any questions/concerns.

James Martin	jmartin@stratford.k12.ok.us	580.320.0656
Kyle Wood	kylewood@stratford.k12.ok.us	580.320.3085
Robert Alberson	ralberson@stratford.k12.ok.us	580.344.4742

Field Events – 9:30

Long Jump: boys, girls

High Jump: girls, boys

Shot: boys, girls

Discus: girls, boys

*Pole Vault: boys, girls

Running Events – 10:00

400 m relay: girls, boys

3200 m relay: girls, boys

100 hurdles: girls

110 hurdles: boys

3200 m run: girls

800 m relay: girls, boys

800 m run: girls, boys

100 m dash: girls, boys

3200 m run: boys

400 m dash: girls, boys

300 m hurdles: girls, boys

200 m dash: girls, boys

1600 m run: girls, boys

1600 m relay: girls, boys

***POLE VAULT WILL ONLY TAKE PLACE IF WE HAVE A PARTICIPATING SCHOOL WILLING TO RUN THE EVENT. PLEASE GET IN TOUCH WITH ONE OF THE CONTACTS IF YOU ARE WILLING TO RUN POLE VAULT.**