

# Stratford Bulldogs 7<sup>th</sup> and JH Track Meet

March 27<sup>th</sup>, 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.***

**Divisions:** 7<sup>th</sup> Girls, 7<sup>th</sup> Boys, JH Girls, JH Boys

**Entry Fee/Payment:** \$70 per division, \$280 for all 4, 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](mailto:jmartin@stratford.k12.ok.us)                      580.320.0656

Kyle Wood                              [kylewood@stratford.k12.ok.us](mailto:kylewood@stratford.k12.ok.us)                      580.320.3085

Robert Alberson                      [ralberson@stratford.k12.ok.us](mailto:ralberson@stratford.k12.ok.us)                      580.344.4742

**\*Girls before boys and 7<sup>th</sup> before JH on running events.**

**Field Events – 9:30**

Long Jump: JHB, 7B, JHG, 7G

High Jump: JHG, 7G, JHB, 7B

Shot: 7B, JHB, 7G, JHG

Discus: 7G, JHG, 7B, JHB

\*Pole Vault: All Girls, All Boys

**Running Events – 10:00**

400 m relay: 7G, JHG, 7B, JHB

3200 m relay: 7G, JHG, 7B, JHB

100 hurdles: 7G, JHG

110 hurdles: 7B, JHB

3200 m run: JHB Only

800 m relay: 7G, JHG, 7B, JHB

800 m run: 7G, JHG, 7B, JHB

100 m dash: 7G, JHG, 7B, JHB

3200 m run: JHG Only

400 m dash: 7G, JHG, 7B, JHB

300 m hurdles: 7G, JHG, 7B, JHB

200 m dash: 7G, JHG, 7B, JHB

1600 m run: 7G, JHG, 7B, JHB

1600 m relay: 7G, JHG, 7B, JHB

**\*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.**