

Stratford Bulldogs 7th and JH Track Meet

March 30th, 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: 7th Girls, 7th 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.

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Robert Alberson ralberson@stratford.k12.ok.us 580.344.4742

***Girls before boys and 7th 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.**