

# ***Bristow High School***

**Athletic Department**  
**Floyd Robinson** - Athletic Director  
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## ***Bristow Middle School Meet*** **Monday April 1st, 2024** **Hafer Field** **621 S Roland St, Bristow, OK 74010**

On behalf of the Bristow Public Schools System, we extend to you and your teams a sincere invitation to participate in our Junior High School Boys and Girls Track and Field Meet. The following will give you the information you need for the meet. This will be a timed finals meet. **TEAMS 4A AND BELOW.**

**Entry Fee:** \$70 for each boys and girls team. \$10 per individual if less than (4) members on a team. NO REFUNDS.

**Time:** All teams report to Bristow's Hafer Football Field by 9:00 am for coaches meeting. Field events will begin at 9:30 am - All running events at 10:00 am.

**Divisions:** There will be four (4) divisions. 7th Grade Boys/Girls, 8th Grade Boys/Girls

**Medals:** Awarded to 1st, 2nd, 3rd, 4th, 5th, in all individual events and 1st, 2nd, and 3rd in the relay events. No team trophies will be awarded.

**Team Points:** Awarded to 1st - 6th places (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in relay events.

**Equipment:** Bristow will furnish all starting blocks to contestants.  $\frac{1}{4}$ " or shorter spikes are required.

**Participants:** Each school can only enter 3 athletes in each event.

*Oklahoma Secondary School Association Rules Apply*

**Contact:** Scott Hall      email: [shall@bristow.k12.ok.us](mailto:shall@bristow.k12.ok.us)

## **Bristow Middle School Track Meet**

### **Schedule of Events**

#### Field Events

9:30 a.m.	High Jump	8B, 7B, 8G, 7G
	Long Jump	8G, 7G, 8B, 7B
	Shot	7B, 8B, 7G, 8G
	Discus	7G, 8G, 7B, 8B
	Pole Vault	7G, 8G, 7B, 8B

#### Time Finals

10:00 a.m.	400 Relay	7-8 Girls, 7-8 Boys
	3200 Relay	7-8 Girls, 7-8 Boys
	100 Hurdles	7-8 Girls
	110 Hurdles	7-8 Boys
	800 Relay	7-8 Girls, 7-8 Boys
	800 Run	7-8 Girls, 7-8 Boys
	100 Dash	7-8 Girls, 7-8 Boys
	400 Dash	7-8 Girls, 7-8 Boys
	300 Hurdles	7-8 Girls, 7-8 Boys
	200 Dash	7-8 Girls, 7-8 Boys
	1600 Run	7-8 Girls, 7-8 Boys
	1600 Relay	7-8 Girls, 7-8 Boys

#### Qualifying Distances and/or Starting Heights

##### **High Jump**

	<u>Boys</u>	<u>Girls</u>
7th	4-04	3-08
8th	4-08	4-00

##### **Pole Vault**

<u>Boys</u>	<u>Girls</u>
5-06	4-06
6-06	5-00

##### **Shot (3 throws)**

	<u>Boys</u>	<u>Girls</u>
7th	25'	18'
8th	30'	20'

##### **Discus (3 throws)**

<u>Boys</u>	<u>Girls</u>
60'	50'
80'	60'