

Bristow High School

Athletic Department

Todd Hackler - Athletic Director

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Darold Ritchie Invitational

Friday April 12, 2024

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 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: \$100 for each boys and girls team. \$15 per individual if less than (4) members on a team. NO REFUNDS.

ATTENTION COACHES: The On-line Entry DEADLINE is: **Thursday, April 11th @ 12 pm..** (((The meet will be CLOSED at 12 pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on the **“ENTRIES Window”** – including the **“Verification Step”**. If the “Verification Step” is not completed, your students are not entered in the meet. 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 - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

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 two (2) divisions. HS Boys and HS 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 & (20-16-12-8-4-2) in relay events.

Equipment: Bristow will furnish all starting blocks to contestants. ¼" 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

Bristow High School Track Meet

Schedule of Events

Field Events

9:30 a.m.	High Jump	Boys, Girls
	Long Jump	Girls, Boys
	Shot	Boys, Girls
	Discus	Girls, Boys
	Pole Vault	Girls, Boys

Time Finals

10:00 a.m.	400 Relay	Girls, Boys
	3200 Relay	Girls, Boys
	100 Hurdles	Girls (33")
	110 Hurdles	Boys (39")
	3200 Run	Boys
	800 Relay	Girls, Boys
	800 Run	Girls, Boys
	100 Dash	Girls, Boys

Break for Lunch

3200 Run	Girls
400 Dash	Girls, Boys
300 Hurdles	Girls (30")
300 Hurdles	Boys (36")
200 Dash	Girls, Boys
1600 Run	Girls, Boys
1600 Relay	Girls, Boys

Qualifying Distances and/or Starting Heights

High Jump		Long Jump		Pole Vault	
<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>
5-04	4-02	18-00	14-00	8-00	6-00
Shot			Discus		
<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>		
38	28	100	70		