

Bristow High School

Athletic Department

B.J. McBride- Athletic Director
420 N Main, Bristow, Ok. 74010
(918) 367-2241 ** Fax (918) 367-5849

Shannon Hilburn Freshmen Invitational

Monday March 31st, 2025

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 Freshmen Boys and Girls Track and Field Meet. This will be the inaugural Shannon Hilburn Freshmen Invitational. The following will give you the information you need for the meet. This will be a timed finals meet. **15 Team limit, please RSVP to shall@bristow.k12.ok.us**

Entry Fee: \$80 for each boys and girls team. \$10 per individual if less than (4) members on a team. NO REFUNDS. Make checks payable to Bristow High School.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Sunday, March 30th @ 1pm**. Schools planning to attend must submit their entries on the Athletic.Net website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: cara@runenduro.com.

Time: All teams report to Hafer Football Field by **12:30 pm** for coaches meeting. All events will begin at **1:00 p.m.**

Divisions: There will be two (2) divisions. 9th Grade Boys/Girls

Medals: Awarded to 1st, 2nd, 3rd in all individual events and 1st, 2nd, and 3rd in the relay events. Team plaques 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 relays.

Equipment: Bristow will furnish all starting blocks to contestants. $\frac{1}{4}$ " or shorter spikes are required. **12 lb shot & 1.6 kg discus for men's throws, all hurdle events ran at HS heights.**

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 phone: 918-859-4814

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Schedule of Events

Field Events

1:00 p.m.	High Jump	Boys, Girls
	Long Jump	Girls, Boys
	Shot	Boys, Girls
	Discus	Girls, Boys
	Pole Vault	Girls, Boys

Time Finals

1:00 p.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
	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

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

Pole Vault

<u>Boys</u>	<u>Girls</u>
8-00	6-00

Shot

<u>Boys (12lb)</u>	<u>Girls (4k)</u>
30"	25"

Discus

<u>Boys (1.6k)</u>	<u>Girls (1k)</u>
80"	60"