

# ***Bristow High School***

## **Athletic Department**

B.J. McBride - Athletic Director  
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## ***Darold Ritchie Invitational***

**Friday April 11, 2025**

**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 5A AND BELOW.**

**15 Team limit, please RSVP to [shall@bristow.k12.ok.us](mailto:shall@bristow.k12.ok.us)**

**Entry Fee:** \$100 for each boys and girls team. \$15 per individual if less than (4) members on a team. NO REFUNDS. Checks can be made out to Bristow High School.

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Thursday, April 10th @ 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](mailto: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 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 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)      phone: 918-859-4814

# **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		