

# Stratford Bulldogs Invitational Track Meet (3A-A ONLY)

March 28<sup>th</sup>, 2025

**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.***

**ATTENTION COACHES**: the On-line Entry DEADLINE is: **Thursday, March 27<sup>th</sup> @ 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).

**Entry Fee/Payment**: \$80 per division, \$160 for both, 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 for individual events and top 3 places for relays. 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.

James Martin	<a href="mailto:jmartin@stratford.k12.ok.us">jmartin@stratford.k12.ok.us</a>	580.320.0656
Ray Ardery	<a href="mailto:rarydery@stratford.k12.ok.us">rarydery@stratford.k12.ok.us</a>	405.206.9737
Kyle Wood	<a href="mailto:kylewood@stratford.k12.ok.us">kylewood@stratford.k12.ok.us</a>	580.320.3085
Robert Alberson	<a href="mailto:ralberson@stratford.k12.ok.us">ralberson@stratford.k12.ok.us</a>	580.344.4742

**Field Events – 9:30**

Long Jump: boys, girls

High Jump: girls, boys

Shot: boys, girls

Discus: girls, boys

**Running Events – 10:00**

400 m relay: girls, boys

3200 m relay: girls, boys

100 hurdles: girls

110 hurdles: boys

3200 m run: girls

800 m relay: girls, boys

800 m run: girls, boys

100 m dash: girls, boys

3200 m run: boys

400 m dash: girls, boys

300 m hurdles: girls, boys

200 m dash: girls, boys

1600 m run: girls, boys

1600 m relay: girls, boys