

# **Jay High School**

Athletic Department

Travis East - Athletic Director  
821 N Main St. Jay, OK 74346  
(918) 791-8680

## **Jay Bulldog Invitational**

**Thursday April 2, 2026**

**821 N Main St. Jay, OK 74346**

This is an **INVITATIONAL MEET**.

**Contact:** Matt Williams (918) 549-8775 or [mattwilliams@jayps.org](mailto:mattwilliams@jayps.org)  
Sheila Sturges (918) 801-5507 or [sheilasturges@jayps.org](mailto:sheilasturges@jayps.org)

**Entry Fee:** \$100 for each boys and girls team. \$15 per individual if less than (4) members on a team.

**Coaches Meeting:** 9:30 am

**Field Events:** 9:45 am

**Running Events:** 10:00 am

**Divisions:** There will be two (2) divisions. HS Boys and HS Girls.

**Medals:** Awarded to 1st through 5th in all individual events and 1st through 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:** Jay 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. Maximum of 4 events per athlete.

**ATTENTION COACHES:** The On-line Entry DEADLINE is: **Monday, 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](mailto:cara@runenduro.com).**Participants:** Each school can only enter 3 athletes in each event.

# **Jay High School Track Meet**

## **Schedule of Events**

### Field Events

9:45 a.m.	High Jump	Boys, Girls
	Long Jump	Girls, Boys
	Shot	Boys, Girls
	Discus	Girls, Boys
	Pole Vault	Girls, Boys

### Running Events

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