



2016 Hilldale Hornet JH Track Meet

On behalf of the Hilldale Public Schools, we extend to you and your team an invitation to participate in our Jr. High girls and boys track and field meets. Track meet will be held on Monday April 4th, 2016. If you have any questions contact Ryan Keenom 479-228-0952 or Athletic Director Erik Puckett at 918-683-0273

THIS MEET IS ONE DIVISION ONLY

ENTRY FEE: \$75 each for Jr. High Boys and Girls Teams. (\$150 for both)
\$10 per individual, if less than 4 team members
Make checks payable to: HILLDALE HIGH SCHOOL

AWARDS: 1st Place plaques for both Boys and Girls divisions.
Medals for top 4 finishers in each event, including relays.

TIME: COACHES MEETING AND MEAL WILL BE AT 10:00 AM
FIELD EVENTS WILL START AT 10:30
RUNNING EVENTS WILL START SHORTLY AFTER.

LIMITATIONS: Each contestant is limited to 4 events, including relays. Each school is limited to three contestants in each event and 1 relay team in each relay. You will get 3 throws in shot and discus and 3 jumps in long jump.

TEAM POINTS: Awarded to top 6 individual places (10-8-6-4-2-1)
Relay (20-16-12-8-4-2)

Hilldale HS Track Meet

Order Of Events

Running Events

Begin at 11:00

400 Relay	Girls, Boys
3200m Relay	Girls, Boys
100m Hurdles	Girls
110m Hurdles	Boys
3200m Run	Boys
800m Relay	Boys, Girls
800m Run	Girls, Boys
100m Dash	Girls, Boys
3200m Run	Girls
400m Dash	Girls, Boys
300m Hurdles	Girls, Boys
200m Dash	Girls, Boys
1600m Run	Girls, Boys
1600m Relay	Girls, Boys

Field Events

Begin at 10:30

High Jump	Girls, Boys
Long Jump	Boys, Girls
Discus	Girls, Boys
Shot	Boys, Girls
Pole Vault	Girls, Boys