

HOLLAND HALL TRACK INVITATIONAL
7th – 8th GRADE

On behalf of Holland Hall School, we would like to extend to you and your team an invitation to participate in our middle school track meet.

****Please email to let confirm if you will be attending****

****OUR MEET WILL FEATURE F.A.T. (Fully Automatic Timing)****

*(On-line Entries): The on-line entries for our meet is for a "Roster Only" meet. Schools planning to attend this meet must submit their entries on ENDURO Entries (TrackRoster) by completing Steps 1–3. (Steps 4 & 5 are optional for "Roster Only" meets.) The on-line **ENTRY DEADLINE** for our meet is **the day before the meet @ 5:00pm**. Log into your account at: www.enduroentries.com * * * NO LATE ENTRIES * * * If you have any questions about your ENDURO Entries account, please email your questions to: kevin@endurousa.com*

DATE: Thursday, March 3rd

TIME: Coaches meeting at 9:00 a.m. / Field events will begin at 9:30 a.m.
All running events will begin at 10:30 a.m.

DIVISIONS: There will be four divisions ó 7, 8 Girls & 7, 8 Boys

ENTRY FEE: \$75.00 per division. Please make checks payable to **Holland Hall School.**

MEDALS: Awarded to 1st, 2nd, and 3rd places in all events.

PLAQUES: Awarded to 1st and 2nd place teams in all four divisions.

TEAM POINTS: Awarded 1st thru 6th places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2).

LIMITATIONS: Each school is limited to one (1) team in each relay. Each contestant is limited to three (3) throws in shot and discus, and three (3) jumps in the long jump.

EQUIPMENT: Holland Hall will provide starting blocks. Please wear spikes that are 1/4ö or shorter.

COACHES: Lunch will be served to all of the coaches at the meet.

Please email bthompson@hollandhall.org or jbutler2@hollandhall.org confirm if you will be attending. If you have any questions you may email me at the above address or call (918) 879-4759

Concessions will be open for athletes and parents.

**Holland Hall Track
7-8 grade invitational**

*****All events are final**

Field Events - 9:30 a.m.

- 1) Shot (girls, boys) ó 3 throws
- 2) High Jump (boys, girls)
- 3) Long Jump (girls, boys) ó 3 jumps
- 4) Discus (boys, girls) ó 3 throws

Running Events - 10:00 a.m.

- 1) 100 M Hurdles (30ö) ó 7G, 8G
- 2) 110 M Hurdles (33ö) ó 7B, 8B
- 3) 400 M Relay ó 7G, 8G, 7B, 8B
- 4) 3200 M Relay ó 7G, 8G, 7B, 8B
- 5) 100 M Dash ó 7G, 8G, 7B, 8B
- 6) 400 M Dash ó 7G, 8G, 7B, 8B
- 7) 800 M Run ó 7G, 8G, 7B, 8B
- 8) 800 M Relay ó 7G, 8G, 7B, 8B
- 9) 300 M Hurdles ó 7G, 8G, 7B, 8B
- 10) 1600 M Run ó 7G, 8G, 7B, 8B
- 11) 1600 M Relay ó 7G, 8G, 7B, 8B

*The 800 M Relay is boys and girls. There is no open 200. This will help move the meet along

****If there are few enough runners or relay teams, we may group grades or genders together in a particular event.****