

HOLLAND HALL TRACK
Phil Sweeney Invitational

Holland Hall School is pleased to announce the Seventeenth Annual Phil Sweeney Invitational at Holland Hall School. We extend to you and your teams a sincere invitation to run our 8 lane all weather track.

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

*ATTENTION COACHES (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*** Schools who have not entered on-line (before the deadline) will not be added at the meet. *** If you have any questions about your ENDURO Entries account, please email your questions to: kevin@endurousa.com*

****If you plan to attend this meet, you MUST notify Coach Thompson before the entry deadline at bthompson@hollandhall.org or (918) 879-4759.**

DATE: Saturday, March 5th

TIME: Coaches meeting at 9:30 a.m. / Field events will begin at 10:00 a.m.
All running events will begin at 11:00 a.m.

DIVISIONS: Girls & Boys

ENTRY FEE: **\$100.00 per division.** (\$200 for both boys and girls). \$60 for B teams and \$12.00 per individual if less than five on a team. 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 both 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 Contestant is limited to five (5) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Four (4) throws in the shot and discus, and four (4) jumps in 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. Concessions will be open.

If you have any questions you may email me at bthompson@hollandhall.org or call (918) 879-4759

Holland Hall Track & Field

*****All events are final**

Field Events 10:00 a.m.

- 1) Shot (girls, boys)
- 2) High Jump (boys, girls)
- 3) Long Jump (girls, boys) *May jump at same time 2 pits
- 4) Discus (boys, girls)
- 5) Pole Vault (girls, boys)

Running Events - 11:00 a.m. – Timed Finals

- 1) 400 M Relay Girls / Boys
- 2) 3200 M Relay Girls / Boys
- 3) 100 M Hurdles (33ö) Girls
- 4) 110 M Hurdles (39ö) Boys
- 5) 3200 M Run Boys
- 6) 800 M Relay Girls, Boys
- 7) 800 M Run Girls / Boys
- 8) 100 M Dash Girls / Boys
- 9) 3200 M Run Girls
- 10) 400 M Dash Girls / Boys
- 11) 300 M Hurdles Girls / Boys
- 12) 200 M Dash Girls / Boys
- 13) 1600 M Run Girls / Boys
- 14) 1600 M Relay Girls / Boys