

HOLLAND HALL TRACK
Phil Sweeney Invitational

Holland Hall School is pleased to announce the Eighteenth 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 4th

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.

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