

**HOLLAND HALL TRACK**  
*Phil Sweeney Invitational*

Holland Hall School is pleased to announce the 18th Annual Phil Sweeney Inv. at Holland Hall School. We extend to you and your teams a sincere invitation to run on our 8 lane all weather track. **\*\*OUR MEET WILL FEATURE F.A.T. (Fully Automatic Timing)\*\***

**DATE:** Saturday, March 2nd

**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.

**ONLINE ENTRIES:** the On-line Entry DEADLINE for our meet is **Friday, March 1st @ 6pm.** (((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on our meet's **"ENTRIES Window"**.

If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year.

- - - Please log into your ENDURO USA™ account at: [www.enduroussa.com](http://www.enduroussa.com)

**- - - NEW - - -**

**PREVIEW window:** Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

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

**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**.

**AWARDS:** Medals to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in all events. Plaques to 1<sup>st</sup> & 2<sup>nd</sup> Pl Tms – ea Div.

**TEAM POINTS:** Awarded 1<sup>st</sup> thru 6<sup>th</sup> 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 four (4) 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. Spikes must be 1/4" or shorter.

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

If you have any questions please contact me at [bthompson@hollandhall.org](mailto:bthompson@hollandhall.org) or (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 (33") Girls
- 4) 110 M Hurdles (39") 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