

2020 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 track and field meets.

Track meet: will be held on Monday April 6th , 2020. If you have any questions contact Coach Ragland @ 918-869-2123

ENTRY FEE: \$75 each Division. (\$300 for all 4) \$15 per individual, if less than 4 team members Make checks payable to: HILLDALE HIGH SCHOOL

Coaches: please confirm by March 23rd, 2020 to ensure we have enough food to feed your coaching staff.

DIVISIONS: There will be four (4) divisions: 7th boys and girls, & 8th boys and girls. **AWARDS:** 1st Place plaques for both Boys and Girls in each division.

Medals: for top 3 finishers in each event, including relays in each division

TIME: COACHES MEETING AND MEAL WILL BE AT 10:00 AM ALL EVENTS WILL START AT 10:30

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 JH Track Meet

Order of Events Running Events:

All running events will go 7thGirls, 8th-Girls, 7th-Boys, 8th-Boys order.

Begin at 10:30

400 relay	Girls, Boys
3200m Relay	Girls, Boys
100m Hurdles	Girls
110m Hurdles	Boys
800m Relay	Girls, Boys
800m Run	Girls, Boys
100m Dash	Girls, Boys
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	7th-G, 8th-G, 7th-B, 8th -B
Long Jump	7th-B, 8th-B, 7th-G, 8th-G
Discus	8th-G, 7th-G, 8th-B, 7th-B
Shot	8th-B, 7th-B, 8th-G, 7th-G

*We will not have Pole Vault