

HOLLAND HALL TRACK

Phil Sweeney Invitational

Saturday, March 7th

Holland Hall School is pleased to announce the 24th 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. All entries will be online on the ENDURO USA™ website. www.endurousa.com

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

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

ONLINE ENTRIES: the **Entry DEADLINE** for our meet is **March 6TH @ 6pm (Friday)**.

All entries will be CLOSED at 6pm! No late entries accepted. ALL of the steps on our meet's "Entries Window" must be completed – including the **VERIFICATION** Step. If your team/school does not complete ALL steps on our meet's "Entries Window" (including the VERIFICATION Step), it means your students are NOT ENTERED. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. NO exceptions. - - - If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last-minute changes that affect the meet. To find our meet's PREVIEW window, log into your ENDURO USA™ account – then click on our meet in the "Student Meets and Events LIST", on the right side of the window. Or, click on our meet from your "Main Roster" window (boys or girls).

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 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.

For questions, email or call 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 (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