

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

**Holland Hall School is pleased to announce the 26<sup>th</sup> 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 ENTRY DEADLINE for our meet is the day before the meet @ 5:00pm. Log into your account at: [www.enduroentries.com](http://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](mailto:kevin@endurousa.com)*

**\*\*Please email [bthompson@hollandhall.org](mailto:bthompson@hollandhall.org) if you plan to attend\*\***

**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 12:00 p.m.

**DIVISIONS:** Girls & Boys

**ENTRY FEE:** \$100.00 per division. (\$200 for both boys and girls. Please make checks payable to **Holland Hall School**.)

**MEDALS:** Awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in all events.

**PLAQUES:** Awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams in both divisions.

**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. Please wear spikes that are 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 you may email me at [bthompson@hollandhall.org](mailto: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 – 12:00 p.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