

# 2023 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 13th , 2023. If you have any questions contact Coach McMillan 918-616-2030

ENTRY FEE: \$90 each Division. (\$360 for all 4) \$15 per individual, if less than 4 team members Make checks payable to: HILLDALE HIGH SCHOOL

Coaches: please confirm by March 16th, 2023 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 7th-Girls, 8th-Girls, 7th-Boys, 8th-Boys

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.