

# 2023 Hilldale Hornet HS Track Meet

On behalf of the Hilldale Public Schools, we extend to you and your team an invitation to participate in our High School track and field meets. Track meet will be held on Friday April 14<sup>th</sup>, 2023. If you have any questions contact Coach McMillan 918-616-2030.

ENTRY FEE: \$110 each for High School Boys and Girls Teams. (\$220 for both)

\$15 per individual, if less than 4 team members

Make checks payable to : HILLDALE HIGH SCHOOL

Coaches please confirm by March 19, 2023 to ensure we have enough food to feed your coaching staff.

AWARDS: 1<sup>st</sup> Place plaques for both Boys and Girls divisions.

Medals for top 3 finishers in each event, including relays.

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.

TEAM POINTS: Awarded to top 6 individual places (10-8-6-4-2-1)

Relay (20-16-12-8-4-2)

## Hilldale HS Track Meet

### Order of Events

#### Running Events

Begin at 10:30

400 Relay Girls, Boys

3200m Relay Girls, Boys

100m Hurdles Girls 110m

Hurdles Boys

3200m Run Boys

800m Relay Girls, Boys 800m Run Girls,

Boys 100m Dash Girls, Boys

3200m Run Girls

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 Girls, Boys

Boys Long Jump < Girls

Girls Discus, Boys

Boys Shot, Girls

\*We will not have Pole Vault.