

High School Dragon Invitational

Date: Tuesday, March 31, 2025

Entry Fee: Prior to the meet: \$100.00 per team/ \$190.00 for both boys and girls.
\$15.00 per individual—Team consists of four or more athletes.

Awards: medal awards for 1st— 5th place in both boys and girls divisions

ON-LINE ENTRIES- Teams must submit the entries on the Athletic.net website:

www.athletic.net — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE. —ONLINE ENTRIES DEADLINE:** March 30th at noon. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Athletic.net account, please email your questions to jhughes@elgin.net

MEET TIMING & RESULTS- Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at www.twelve1running.com and www.athletic.net

This will be a 4A- under meet.

Sanctioned: OSSAA—All OSSAA rules will be followed.

Concession stand will be available. Coaches meeting will begin at **9:00 a.m** at the North end of the field.

FIELD EVENTS: 9:30 a.m

Long Jump B-G Shot G-B

High Jump G-B Disc B-G

Pole Vault G-B

All athletes are required to have spikes no larger than ¼ inch or they will not be allowed to participate in any event.

ALL RUNNING EVENTS ARE TIMED FINALS: 10:00 a.m

400m Relay	HS-G	HS-B
3200m Relay	HS-G	HS-B
100m Hurdles	HS-G	
110m Hurdles		HS-B
3200m Run	HS-B	
800m Relay	HS-G	HS-B
800M Run	HS-G	HS-B
100M Dash	HS-G	HS-B
3200m Run	HS-G	
400m Dash	HS-G	HS-B
Big person relay	* Throwers Only*	
300m Hurdles	HS-G	HS-B
200m Dash	HS-G	HS-B
1600M Run	HS-G	HS-B
1600m Relay	HS-G	HS-B

Rick Hammer - Athletic Director

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