



HILL CITY INVITATIONAL TRACK AND FIELD MEET

Friday, April 14, 2023



DEAR ATHLETIC DIRECTOR AND COACH:

The Hill City Invitational Track Meet is scheduled for Friday, April 14, 2023. We are excited about hosting you in Hill City. Starting time for the field events will start at 3:00 p.m. The javelin runways are rubberized.

Medals will be awarded to the top four finishers. Entry fee is \$140.00 per school as per contracts. If fewer than 7 athletes, the fee will be \$10.00 per athlete.

Entries will be submitted online at www.milesplit.com. Max of 3 entries per event and 1 relay team per school. Entry submission will become active on April 4 and the entry deadline is 10:00 a.m. on Friday, April 14th. **For this reason there will be no additions or substitutions allowed at the meet.** Only scratches will be permitted at the meet, scratches for field events should be done at the event and the coaches meeting. The running events will be done at a short coaches meeting in the weight room starting at 2:30 p.m.

Running of the 4x800 will be at 4:30. With the new facility, 1/4" spikes are all that will be allowed. The girls shot and discus events will all be held in the north participation areas and the boys' shot and discus events will all be in the south areas. The javelin runways are located to the east of the stadium just east of the Evergreen trees. Boys will throw on the red runway and the girls will throw on the black runway.

Each school will be allowed three entries in individual events and one relay team per school. Six places will be scored 10-8-6-4-2-1 in all events.

Dressing facilities will not be available. All buses are asked to park in the stadium parking lot. Restrooms are located in the building behind the stadium.

Thank you for participating in our meet.

Alan Stein, Principal/A.D.
Hill City Jr./Sr. High School
Box 160
Hill City, KS 67642

HILL CITY INVITATIONAL TRACK MEET

APRIL 14, 2023 @ Ringneck Stadium

Three entries per event-one relay per school
No Substitutions or additions

FIELD EVENTS – FOUR ATTEMPTS, NO FINALS

3:00 - GIRLS JAVELIN – East Runway (black)
BOYS JAVELIN – West Runway (red)
GIRLS SHOT & DISCUS - North Throwing Rings
BOYS SHOT & DISCUS - South Throwing Rings
BOYS LONG JUMP-Followed by **GIRLS**
GIRLS TRIPLE JUMP – Followed by **BOYS**
BOYS HIGH JUMP-Followed by **GIRLS HIGH JUMP**
GIRLS POLE VAULT-Followed by **BOYS POLE VAULT**
GIRLS HIGH JUMP- Starting height 4'2"
BOYS HIGH JUMP- Starting height 5'2"
BOYS POLE VAULT-Starting height 9'6"
GIRLS POLE VAULT-Starting height 6'6"
(Starting heights may be adjusted for weather)

4:30 - GIRLS 4 X 800 RELAY

BOYS 4 X 800 RELAY

5:15 - GIRLS 100 HIGH HURDLES

BOYS 110 HIGH HURDLES

GIRLS 100 METER

BOYS 100 METER

WHEELCHAIR 100 METER (Boys and Girls may be placed together)

GIRLS 1600 METER

BOYS 1600 METER

GIRLS 4 X 100

BOYS 4 X 100

GIRLS 400 METER

BOYS 400 METER

WHEELCHAIR 400 METER (Boys and Girls may be placed together)

GIRLS 300 LOW HURDLES

BOYS 300 INT. HURDLES

GIRLS 800 METER

BOYS 800 METER

GIRLS 200 METER

BOYS 200 METER

GIRLS 3200 METER

BOYS 3200 METER

GIRLS 4 X 400 RELAY

BOYS 4 X 400 RELAY