

## Sunday, February 5, 2017, HMS INDOOR TRACK & FIELD CHAMPIONSHIPS

### Hartford Middle School Indoor Track & Field Championships

#### MEET INFORMATION

HMS meets are open to all Hartford middle school age boys & girls competing with their City middle school team or Hartford recreation program. Doors Open at 1:00pm

- ∇ Field Events begin at 2:00pm
- ∇ Track Events start at 2:30pm
- ∇ **\*\*ENTRY FEE: All spectators \$1.00 at the door.**

#### Facility:

- ∇ Meets are held at the Hartford Public High School Field House (It is a four – lane 160-meter flat track, with 6 lanes on the straightaway.

#### Entry Guidelines

The meet entries are managed by Platt Timing Systems using the website at [www.plattsys.com](http://www.plattsys.com)

**Entry Deadline: February 3, 11:00pm**

#### Entry Limits

- ∇ **Athletes can compete in any 3 EVENTS. No boy/girl may be entered in more than three (3) events, including relays. Entry as a relay alternate counts as one of the athlete's three (3) events.**
- ∇ **Maximum of three (3) entries per school per event**
- ∇ **NO B Team Relays allowed**

#### Meet Rules

- ∇ Each Athlete has been assigned a race number to be worn on their chest. **NO ADD-ONS**
- ∇ Athletes can wear spikes 1/8" or 3/16" spikes only

PREFERRED LANE ASSIGNMENT for races involving turns: 3,2,4,1

**Order of Events** (note 55m prelims and finals schedule)

Field Events: 2:00pm

Long Jump -- (boys then girls)  
Shot Put -- (girls then boys)  
Shot Put -- 4 Throws to Finals  
Long Jumps -- 4 Jumps to Finals

Track Events: 2:30PM

*Girls, then Boys unless noted otherwise.*

55m Dash (**Prelims**) top 6 to finals  
55 hh (**FINALS**)  
55m Dash (**FINALS**)  
4x800m Relay  
4x200m Relay  
1600m  
400m  
800m Run  
200m Dash  
4x400m Relay

Team Scoring and Awards:

- ✓ 1<sup>st</sup> – 3<sup>rd</sup> Place Athlete Ribbons (boys & girls)
- ✓ Scoring: Six (6) place scoring shall be used in this meet (10-8-6-4-2-1)
- ✓ Team Championship Trophies

Contact Info:

Meet Director, Lee Hunt  
email: [lrjhunt@aol.com](mailto:lrjhunt@aol.com)  
Office: (860) 560-7655

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Hartford Public High School

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