

Hartford Middle School Indoor Track & Field

MEET INFORMATION

HMS meets are open to all Hartford middle school age boys & girls competing with their City middle school team or neighborhood recreation program.

- ∨ Doors Open at 1:00pm
- ∨ Field Events begin at 2:00pm; Shot Put and Long Jump will start concurrently.
- ∨ Track Events start at 2:30pm
- ∨ The meet entries are managed by Platt Timing Systems using the website at www.plattsys.com

REGISTRATION:

- ∨ **Copies of permission slip forms with parent's signature(s) and name of participant must be brought to the meet and submitted to the Meet Director in order to participate.**
- ∨ **Follow Platt Systems On-Line Entry Procedures**
- ∨ **Entry Deadline is December 15 @ 9:00pm**

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).

Meet Rules: please pay special attention to the following

- ∨ Development Meets are considered practice meets
- ∨ Athletes can compete in any combination of (2) two track and (1) one field event; or (1) track and (2) field events.
- ∨ Maximum of four (4) entries per school per event (*exceptions may be granted for teams that exceed the limits because of roster size*)
- ∨ Athletes can wear spikes 1/8" or 3/16" spikes only
- ∨ **FOLLOW REGISTRATION INSTRUCTIONS (above)**

Field Events (run concurrently) – 2:00pm

Long Jump
Shot Put (Girls – 2K, Boys – 3K)

Track Events (in order) – 2:30pm

1600m
55m hh
55m dash
400m
800m
200m

Development Meet -1	Meet Director Lee Hunt
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Sunday, December 17 Hartford Public High School 55 Forest St Hartford Doors Open @ 1:00PM	Phone: 860 560-7655 ext 302 Email: lrjrhunt@gmail.com
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ON-LINE ENTRY INSTRUCTIONS

Platt Systems www.plattsys.com

Returning Users:

1. Login - User ID should be your email address(35 characters long)
2. Add Athlete to Roster
3. Select Meet that you want to enter
4. Enter Athletes into Meet - All athletes on roster will be available on a drop down menu
Select Athlete (Drop Down) - Select Event (Drop Down) - Enter Valid Mark
Click on Submit - Note the entry listed in the preview section
5. Enter Relays in Meet

New Users

1. Create - User ID (one time) should be your email address(35 characters long)
2. Sign in - User ID should be your email address(35 characters long)
3. Enter Athletes on Roster - One time at the beginning of each season
4. Select Meet that you want to enter
5. Enter Athletes into Meet - All athletes on roster will be available on a drop down menu
Select Athlete (Drop Down) - Select Event (Drop Down) - Enter Valid Mark
Click on Submit - Note the entry listed in the preview section
6. Enter Relays in Meet

Order of Events

Field Events: 2:00pm

Shot Put and Long Jump will start concurrently.

Long Jump -- (Girls followed by Boys)

3 Jumps – No Finals

After 1st attempt; no attempts measured less than 10'-Girls and 12'-Boys.

Shot Put -- (Boys followed by Girls)

3 Throws – No Finals

After 1st attempt - no attempts measured less than 12'-Girls and 15'-Boys.

Track Events: 2:15pm

Girls followed by Boys unless noted otherwise

1600m

55m

55HH

400m

800m

200m

Christina M. Kishimoto, Ph.D.
Superintendent of Schools



Permission Slip

This form must be completed, signed, and returned to the coach prior to any participation

School: _____

Sport: _____

Student/Athlete Information:

Name _____

Address _____

Date of Birth _____ Grade _____ Home Room _____

Parent/Guardian Information:

Parent/Guardian Name _____

Phone/Contact Info. _____

In Case of Emergency (parent/guardian cannot be reached)

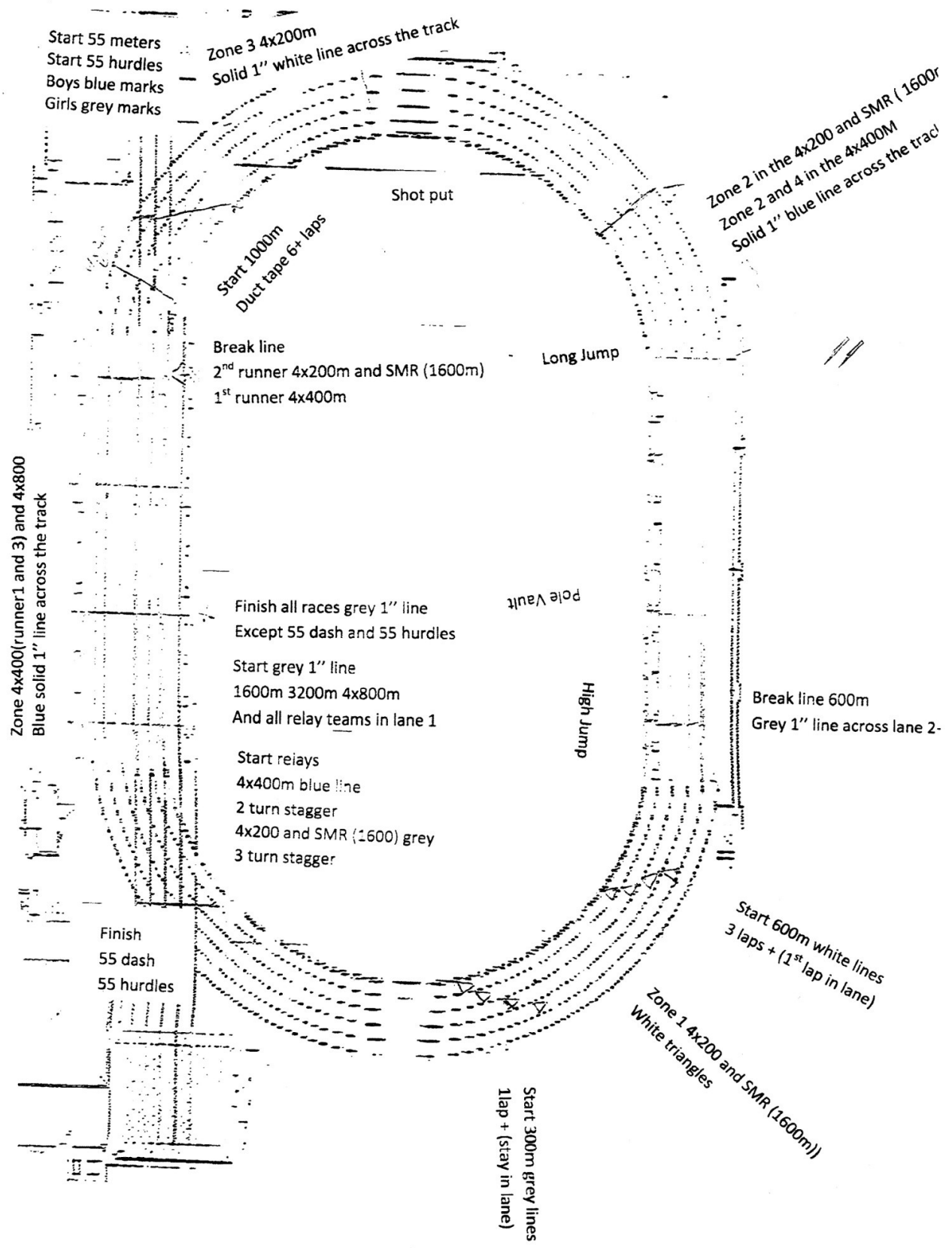
Name _____ Phone _____

Name _____ Phone _____

INFORMED CONSENT: I/We give permission to _____
to participate in organized middle school athletics. I/We realize that such activity involves
the potential for injury that is inherent in all sports. I/We acknowledge that the risk of
injury may be severe, including the risk of fractures, paralysis, and or death.

Parent/Guardian Signature: _____

Student/Athlete Signature: _____



Start 55 meters
 Start 55 hurdles
 Boys blue marks
 Girls grey marks

Zone 3 4x200m
 Solid 1" white line across the track

Zone 2 in the 4x200 and SMR (1600m)
 Zone 2 and 4 in the 4x400m
 Solid 1" blue line across the track

Shot put

Start 1000m
 Duct tape 6+ laps

Break line
 2nd runner 4x200m and SMR (1600m)
 1st runner 4x400m

Long Jump

Zone 4x400(runner 1 and 3) and 4x800
 Blue solid 1" line across the track

Finish all races grey 1" line
 Except 55 dash and 55 hurdles
 Start grey 1" line
 1600m 3200m 4x800m
 And all relay teams in lane 1

Pole Vault

High Jump

Break line 600m
 Grey 1" line across lane 2-

Start relays
 4x400m blue line
 2 turn stagger
 4x200 and SMR (1600) grey
 3 turn stagger

Finish
 55 dash
 55 hurdles

Start 600m white lines
 3 laps + (1st lap in lane)

Zone 1 4x200 and SMR (1600m)
 White triangles

Start 300m grey lines
 1 lap + (stay in lane)