

# Sunday, February 10, 2019 HMS Invitational Meet -2

## 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
- \$1.00 Admission Fee- All Spectators
- 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](http://www.plattsys.com)

**Entry Deadline: Thursday February 7, @ 11:00pm**

### 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

- Athletes can compete in any 3 events. *Relays count as an event.*
- Maximum of four (4) entries per school per event. *A&B Relay Teams Allowed*
- Shot Put Throws – after 1<sup>st</sup> jump - no attempts measured less than 12'-Girls and 15'-Boys.
- Long Jumps – after 1<sup>st</sup> throw - no attempts measured less than 10'-Girls and 12'-Boys.
- Athletes can wear spikes 1/8" or 3/16" spikes only

**Registration: Only youth with signed permission slips on file are allowed to compete**

Signed Permission slips of ADD ONS to Team Rosters must be submitted to meet director prior to start of the meet to receive entry numbers.

### Track Events (in order)

1600m  
55m dash  
55 hh  
400m  
800m  
(4x200m Relay)

### Field Events (run concurrently)

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