

HMS INDOOR TRACK & FIELD CHAMPIONSHIPS

Sunday February 24, 2019

Entry Deadline: Thursday February 21, 11:00pm at www.plattsys.com

MEET INFORMATION

Entry Deadline: Thursday February 21 @ 11:00pm Platt Systems

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
- Track Events start at 2:30pm

Facility: Hartford Public High School Field House, 55 Forest St, Hartford, CT 06105

(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

Entry Deadline: Thursday February 21, 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 four (4) 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.
- 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

Shot Put -- (boys then girls) 4 Throws - **Finals**

Long Jumps -- (girls then boys) 4 Jumps – **Finals**

High Jump – (boys then girls)

Track Events: 2:30PM

Girls, then Boys unless noted otherwise.

55m Dash (**Prelims**) top 6 to finals

55 hh (**FINALS**)

55m Dash (**FINALS**)

4x200m Relay

1600m

400m

1600m SMR (200, 200, 400, 800)

800m

200m

4x400m Relay

Team Scoring and Awards:

- Scoring: Top six places scoring (10-8-6-4-2-1)
- Team Championship Trophies

Contact Info: Meet Director, Lee Hunt email: lrjrhunt@gmail.com cell: (860) 922-5472