

## 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 Hartford recreation program.

- Doors Open at 1:30pm
- 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: Friday January 12, @ 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

- 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  
\*Open Mile Run  
400m  
800m  
(4x1Lap Relay)

### Field Events (run concurrently)

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

### Contact Info:

Meet Director, Lee Hunt  
email: [lrjrhunt@gmail.com](mailto:lrjrhunt@gmail.com)  
Office: (860) 560-7655 ext 302

### HMS Invitational Meet -2

Sunday, January 14, 2017  
Hartford Public High School  
55 Forest St, Hartford  
Doors Open @ 1:30PM

## **MEET ENTRY INSTRUCTIONS**

Platt Systems [www.plattsys.com](http://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 1<sup>st</sup> attempt; no attempts measured less than 10'-Girls and 12'-Boys.

### **Shot Put** -- (Boys followed by Girls)

3 Throws – No Finals

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

### **High Jump** -- (Boys followed by Girls)

Starting Height 3 feet

## Track Events: 2:30pm

Girls followed by Boys unless noted otherwise

1600m

55m

55HH

\*Open Mile Run

400m

800m

4x1Lap Relay