

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.

- **The meet entries are managed by Platt Timing Systems using the website at www.plattsys.com Entry Deadline: January 12, @ 9:00pm**
- Doors Open at 1:00pm
- Field Events begin at 2:00pm; Shot Put and Long Jump will start concurrently.
- Track Events start at 2:15pm

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 1st jump - no attempts measured less than 12'-Girls and 15'-Boys.
- Long Jumps – after 1st 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 all members of your Team Rosters must be submitted to meet director prior to the first event to receive entry numbers.

Track Events (in order)

1600m
55m dash
55 hh
800m
200m

Field Events (run concurrently)

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

Contact Info:

Meet Director, Lee Hunt
email: lrjrhunt@aol.com
Office: (860) 560-7655

HMS Invitational Meet -2

Sunday, January 15, 2017
Hartford Public High School
55 Forest St, Hartford
Doors Open @ 1:30PM

MEET 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: 2:30pm

Girls followed by Boys unless noted otherwise

1600m

55m

55HH

800m

200m

HPHS Indoor Track Layout

