

HILL CITY HIGH INVITATIONAL TRACK MEET

APRIL 12, 2024 @ Ringneck Stadium

Three entries per event-one relay per school
No Substitutions or additions

FIELD EVENTS – FOUR ATTEMPTS, NO FINALS

3:00 - GIRLS JAVELIN – East Runway (black) - Minimum Distance for Measurement 70'
110'
BOYS JAVELIN – West Runway (red) - Minimum Distance for Measurement
25'
GIRLS SHOT - North Throwing Ring - Minimum Distance for Measurement
70'
GIRLS DISCUS - North Throwing Ring - Minimum Distance for Measurement
33'
BOYS SHOT - South Throwing Ring - Minimum Distance for Measurement
90'
BOYS DISCUS - South Throwing Rings - Minimum Distance for Measurement

BOYS LONG JUMP-Followed by **GIRLS**
GIRLS TRIPLE JUMP – Followed by **BOYS**
BOYS HIGH JUMP-Followed by **GIRLS HIGH JUMP**
GIRLS POLE VAULT-Followed by **BOYS POLE VAULT**
GIRLS HIGH JUMP- Starting height 4'2"
BOYS HIGH JUMP- Starting height 5'2"
BOYS POLE VAULT-Starting height 9'6"
GIRLS POLE VAULT-Starting height 6'6"
(Starting heights may be adjusted)

4:30 - GIRLS 4 X 800 RELAY
BOYS 4 X 800 RELAY
5:15 - GIRLS 100 HIGH HURDLES
BOYS 110 HIGH HURDLES
GIRLS 100 METER
BOYS 100 METER
WHEELCHAIR 100 METER (Boys and Girls may be placed together)
GIRLS 1600 METER
BOYS 1600 METER
GIRLS 4 X 100
BOYS 4 X 100
GIRLS 400 METER
BOYS 400 METER

WHEELCHAIR 400 METER (Boys and Girls may be placed together)

GIRLS 300 LOW HURDLES

BOYS 300 INT. HURDLES

GIRLS 800 METER

BOYS 800 METER

GIRLS 200 METER

BOYS 200 METER

GIRLS 3200 METER

BOYS 3200 METER

GIRLS 4 X 400 RELAY

BOYS 4 X 400 RELAY