

HILL CITY INVITATIONAL TRACK MEET

APRIL 14, 2023 @ 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)**
BOYS JAVELIN – West Runway (red)
GIRLS SHOT & DISCUS - North Throwing Rings
BOYS SHOT & DISCUS - South Throwing Rings
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 for weather)
- 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