

## **HEBRON HAWK RELAYS GENERAL INFORMATION**

### **2012**

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1. Saturday, February 25th at Hebron High School Stadium on 4207 Plano Parkway in Carrollton.
2. All running events are relays, field events normal.
3. No jam boxes or radios will be allowed. Headphones are OK.
4. Scratch Meeting will be at 8:00 AM. Field Events will begin at 8:30AM.
5. The 4x1600 will run at 9:00 AM. Running Finals start at 1:00 PM.
6. Each school will be allowed only one relay per event except for the distance relays, multiple teams are allowed only one scoring. JV will be allowed in the field events and the 4x100, 4x200, and 4x400.
7. Coaches will enter runners at the scratch meeting; last heat is the fastest heat. All opening heights and minimum distances will be determined at the scratch meeting. The jumps and throws will be 4 attempts no finals, and running events will be finals against time.
8. Entry fee: \$150 for each Varsity team and \$100 for each JV team.
9. Use only 1/4 inch or shorter spikes. Ask athletes not to wear spikes in bleachers.
10. INFIELD IS FOR WARMUPS ONLY. Please set up all camps outside track area. Please try to keep areas cleaned up.
11. The concession stand on the home side will be open.
12. If you have any questions email: Coach Grennier [grennierj@lisd.net](mailto:grennierj@lisd.net)

# Hawk Relays

## **Time Schedule:**

Field Events begin at **8:30am** and will follow the following order

<b>Triple Jump:</b>	V Boys; V Girls JV Boys JV Girls
<b>Long Jump:</b>	V Girls; V Boys; JV Girls JV Boys
<b>High Jump:</b>	JV Girls; JV Boys V Girls V Boys
<b>Pole Vault:</b>	V Girls; V Boys JV Girls JV Boys
<b>Shot Put:</b>	V Boys; V Girls JV Boys JV Girls
<b>Discus:</b>	V Girls; V Boys JV Girls JV Boys
<b>4 X 1600m:</b>	V Girls; V Boys (9:00am) Multiple teams allowed

Running Events will begin at approximately 1:00pm Timed Finals

4 X 100	JV Girls, V Girls; JV Boys, V Boys
4 X 800	V Girls; V Boys (Multiple teams allowed)
Sprint Medley Relay (200, 200, 400, 800)	V Girls; V Boys
100m Shuttle Hurdles	V Girls
110m Shuttle Hurdles	V Boys
4 X 200	JV Girls, V Girls; JV Boys, V Boys
Distance Medley Relay (1200, 400, 800, 1600)	V Girls; V Boys (Multiple teams allowed)
4 X 400	JV Girls, V Girls; JV Boys