

2023 HL JH Track & Field Invitational

1. Entries: All schools must enter their rosters and all entries using the online registration at www.baumspage.com. The deadline for registration is Wednesday, April 19 at 9:00PM.
2. Scoring for all events will be to eight (8) places – 10-8-6-5-4-3-2-1.
3. Athletes should report to the bull pen by second call. For the 200 m hurdles and 200 m dash, athletes should report to the event start line by second call.
4. Long jump will be open pit as follows (four jumps, NO FINALS):

Boys	warm-up	4:15-4:30
	open pit	4:30-5:30
Girls	warm-up	5:30-5:45
	open pit	5:45-6:45
5. Field events at 4:30 P.M.
 - Girls High Jump (starting height 3'06")
then Boys High Jump (starting height 3'10")
 - Girls Pole Vault (starting height 5'00")
then Boys Pole Vault (starting height 6'00")
 - Boys Shot Put (four throws, NO FINALS)
then Girls Shot Put (four throws, NO FINALS)
 - Girls Discus (four throws, NO FINALS)
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Will also run 4X800 relay at 4:30. Depending on number of entries we may run Boys and Girls together.
6. Running events at 5:00 P.M. with the girls 100 m hurdles. There are no preliminaries in any events. All events will be run as finals – scoring/placing may occur from any section. Each running final is seeded based on times submitted through Baumspage with the last section containing those athletes with the fastest reported times.
7. Supply your own batons for relays.
8. We need your help as exchange zone judges! The assignments are:

4x100 (1 st exchange)	Calvert
4x100 (2 nd exchange)	Lakota, New Riegel
4x100 (3 rd exchange)	Hopewell-Loudon
4x200 (1 st & 3 rd exchange)	Liberty-Benton
4x200 (2 nd exchange)	McComb
9. Awards will be given to the appropriate coaches at the end of the meet. A team trophy will be presented to the champion and runner-up team for both girls and boys.
10. In the event of severe weather, please direct your team to your school's bus. There is not adequate shelter for all athletes from all teams. Thanks for your cooperation.
11. Admission- \$6 for all.
12. Entry fee is \$100 per school total for both Boys and Girls. Please make checks payable to Hopewell-Loudon Schools.

13. Any problems, concerns or suggestions for improvements may be directed to Hopewell-Loudon High School coaches. Results will also be posted online at baumspage.com. Results will also be communicated to local newspapers.

Good Luck – Have a Great Evening!