

## **Welcome to the Inaugural Hillsdale Knight Relays**

Hillsdale High School

3115 Del Monte St, San Mateo, CA 94403

(Track stadium is located on Alameda de Las Pulgas between Hillsdale Blvd and 31<sup>st</sup> Ave.)

Date: March 12, 2021

### **Event Information:**

Field Events: 1:00 start

Running Events: 2:00 start (tentative start time) All FAT timing.

Final schedule to be released in early March based on entries

Four meet divisions (F/S and Varsity for Boys and Girls) in the running relays:

Track Relays: 4x100, 4x200, 4x400, 4x800, 800m Sprint Medley, Distance Medley

Invitational 1500m (top 16 entered times per division)

Varsity boys and girls only for the 2-person Field Event Relays:

High Jump, Long Jump, and Shot Put

Each school will be limited to one relay team entry per division. All events will be seeded and run slowest to fastest (shortest to longest and lowest to highest), so please be honest with your seeds for ALL events using marks from 2021 and 2022.

Athletes may not change divisions during the meet.

### **Team Entry Fees:**

Fees: \$125 per division. \$400 if entering all four divisions

The maximum entry fee per school is \$400.00.

An a la carte entry option is also available:

Relays: \$20.00/team and Individual 1500m entry: \$10/entry

**Entry Deadline** on Athletics.net by 8:59pm, Monday, March 7<sup>th</sup>, 2022.

Make check payable to: Hillsdale High School Track & Field

Entry payment must be received no later than at the gate on the day of the meet

No refund for no shows or for athletes/relays scratched after entry fee deadline.

### **Late Entries and Fees**

Late Entries will only be allowed if there is room in an event without making more heats.

Late entries will also only be entered in available lanes. We will not reseed events for late entries. Late Entries will be \$20 per individual and \$25 per relay

### **Meet Spectator Admissions:**

Adults: \$5.00

Students with ID and Children under 12: Free

Students (12-18) without ID: \$2.00

PAL family season passes not valid for this event

**Parking:**

**Parking is challenging at Hillsdale.** Buses should park along Alameda de las Pulgas between 31<sup>st</sup> and 36<sup>th</sup> Ave. Parents and Athletes: utilize the Del Monte and 31<sup>st</sup> school parking lots and associated street parking. Then walk through the campus to the track stadium. The stadium parking lot will be reserved for officials, coaches, and volunteers with a parking pass, along with any spectators with handicapped placards. We highly encourage carpooling and teams utilizing bus transportation. (See map on the last page)

**Awards:**

Medals for top 3 relay teams per event and top 3 individuals in the 1500m

**Tentative Schedule:**

Field Event warmups start at 1:00 p. m. and Track Events start at 2:00 p.m. on a rolling schedule. All athletes must check-in with the clerk of the course no later than 30 minutes prior to start of their event.

Event	Order	Heats	
4 x 100	F/S B, F/S G, VB, VG	Up to 3 per	2:00 tentative start
4 x 800	F/S B, F/S G, VB, VG	1 per	
SMR	F/S B, F/S G, VB, VG	Up to 3 per	
1500m	F/S B, F/S G, VB, VG	1 per	
4 x 200	F/S B, F/S G, VB, VG	Up to 3 per	
DMR	F/S B, F/S G, VB, VG	1 per	
4 x 400m	F/S B, F/S G, VB, VG	Up to 3 per	

Event	Warm up Start	Competition	Order
Shot Put	1:00 pm	Flights	VB/VG
Long Jump	1:00 pm	Flights	VG/VB
High Jump	1:00 pm	Flights	VB/VG

PLEASE NOTE THAT THE TIME SCHEDULE IS APPROXIMATE. PLEASE ALLOW FOR ITEMS THAT MAY DELAY THE MEET TIMING.

**Final schedule will be released in early March.**

Registration at <http://www.athletic.net>

**MEET DIRECTOR**

Chris Lucey, Asst. Coach, Hillsdale T&F,

Email: [Luceycw@yahoo.com](mailto:Luceycw@yahoo.com) (use this please)

Contact number: (415) 577-6521 (Emergencies only up during normal business hours)

## **Meet Day Logistics**

### **Pop-up Tents/Team Camps:**

West stands are for your spectators.

All team tents are to be on the grass area to the right as you enter from the stadium parking lot and the top of the east grandstand.

### **Clerking/Check-in and Staging:**

Clerking/Check in Tent will be on the south endzone.

Staging also be in the south endzone

### **Warm up Area:**

The football field is the warm-up area.

**NO TEAM TENTS ON THE FOOTBALL FIELD.**

**NO ELECTRONIC DEVICES** allowed on the infield warm up area.

The only tent on the field will be for the Timer and Clerking.

After checking in, relay teams may warm up on the football field prior to their race.

Please keep the sideline on the homestretch clear for the timer. If you are not warming-up or being attended to by the trainer, please stay outside of the Track or in your team area.

### **Award Pickup:**

Please wait for 30 minutes after your event has completed before approaching the Awards tables  
Results will be posted on the restroom building wall.

### **Bathrooms:**

In the building on the home-stand side of the track, near the common start/finish

### **Concessions:**

A concession stand will set up outside the main entrance to the stadium.

### **Relay Exchange Details:**

**800m Sprint Medley:** First three legs will be in lanes using the 30m 4 x 100m relay exchange zones. 3<sup>rd</sup> exchange will use the 20m 4 x 400m exchange zone and last leg (400m) will break for the inside lane after the exchange.

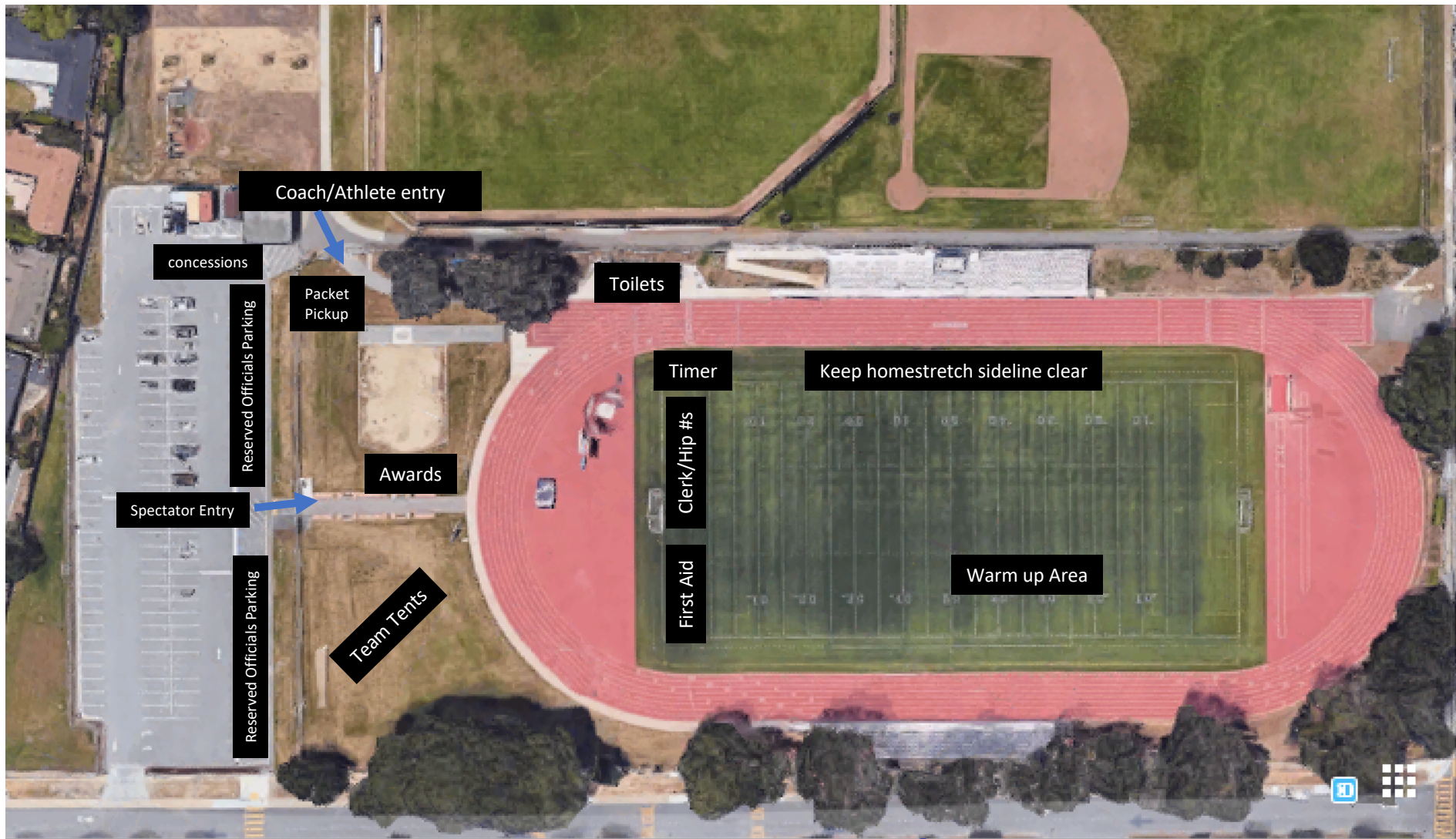
**4x200m:** First two legs will be in lanes using the 30m 4 x 100m exchange zones. Third exchange will be in lanes and use a 30m exchange zone at common start/finish. Third leg will break from lanes to the inside lane. Third exchange will utilize a 30m exchange zone and be conducted as 4x400 exchange out of lanes.

### **Field Event Details:**

2 person teams in HJ, SP and Long Jump

Up to three flights of 16 max

High Jump: VB HJ, start at 4'10"; VG HJ, start at 4'



Coach/Athlete entry

concessions

Packet  
Pickup

Toilets

Timer

Keep homestretch sideline clear

Clerk/Hip #s

First Aid

Warm up Area

Awards

Team Tents

Spectator Entry

Reserved Officials Parking

Reserved Officials Parking

## PARKING Areas

