



**2<sup>nd</sup> Annual Fighting Knights Relays**  
Hillsdale High School  
3115 Del Monte St, San Mateo, CA 94403  
**Competition Date: March 11, 2023**

Welcome to our second annual Hillsdale Fighting Knights Relays. This year we are moving our meet start time to the morning; adding in individual hurdle and 100m races; open triple jump, and racing a 1600m/mile, not 1500.

**Event Information:**

Field Events: 9:00 am start (8:15 check-in, 8:30 warm up)

Running Events: 9:30 am start (tentative start time) All FAT timing.

Final schedule to be released in early March based on entries

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

Five meet divisions (F/S and Varsity for both Boys and Girls as well as select Open events) :

Track Relays: 4x100, 4x200, 4x400, 4x800, 800m Sprint Medley, Distance Medley  
Invitational 1600m (top 20 entered times per division)

Athletes may not change divisions during the meet. F/S may compete in Open.

Athletes may participate in up to 4 events.

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 2022 and 2023.

Meet management may consolidate or cancel heats/races based on entries and scratches.

**Team Entry Fees:** Registration at <http://www.athletic.net>

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

The maximum entry fee per school is \$400.00. (\$200 for single gender school)

An a la carte entry option is also available:

Relays: \$20.00/team and Individual (hurdles, 100m, 1600m entries): \$10/entry

**Entry Deadline** on Athletics.net by 8:59 pm, Sunday, March 5<sup>th</sup>, 2023.

Make check payable to: Hillsdale High School Track & Field

Entry payment shall 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 adding additional heats.

Late entries may be entered into 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 (19 and older): \$5.00

Students with ID, Seniors (65+), and Children under 12: Free

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

PAL family season passes not valid for this event

**Concessions:**

A concession stand will set up outside the main entrance to the stadium serving a variety of food options. Additionally, Fighting Knights Relay shirts will be offered for sale.

**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 and 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 each division of the hurdles, 100m and 1600m.

### **Tentative Order of Events and Schedule:**

Field event warmups start at 8:30 a. m. and Track events start at 9:00 a.m. All athletes must check-in with the clerk of the course no later than 30 minutes prior to start of their event.

<b>Event</b>	<b><u>Warm up</u></b>	<b>Competition</b>	<b>Order</b>	<b>Start</b>
Shot Put	8:30 am	Flights	VB/VG/FSB/FSG	
Long Jump	8:30 am	Flights	VG/VB/FSG/FSB	8' Board
Triple Jump	After LJ	Flights	Open G/Open B	
High Jump	8:30 am	Flights	VB/VG/FSB/FSG	VB – 5'/VG – 4' 4'/FSB- 4'4'/FSG – 4' Preliminary Starting Heights

### **Preliminary Schedule and Order of Events Final schedule will be released in early March.**

<b>Event</b>	<b>Order</b>	<b># Heats</b>	<b>Timing- 9:30 am start time</b>
100m Hurdles	F/S G, VG	TBD	2 entries per division
110m Hurdles	VB	TBD	2 entries
65m Hurdles	F/S B	TBD	2 entries
100 m	F/S B, F/S G, VB, VG	Up to 5 per Division	Each team gets one competitor per division. May fill open lanes from rank order list
4 x 800	F/S B, F/S G, VB, VG	TBD	1 team per division in relays. May fill open lanes with B teams if available
4 x 100	F/S B, F/S G, VB, VG	TBD	
DMR--Boys	F/S B, VB,	TBD	
SMR	F/S B, F/S G, VB, VG	TBD	100, 100, 200, 400 order
DMR--Girls	F/S G, VG	TBD	1 team per division in relays. May fill open lanes with B teams if available
4 x 200	F/S B, F/S G, VB, VG	TBD	
Invitational 1600m	F/S B, OB, OG	TBD	Boys: 2 entries per division. Girls 3 entries in Open
4 x 400m	F/S B, F/S G, VB, VG	TBD	1 team per division in relays. May fill open lanes with B teams if available

## **Meet Day Logistics**

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

West stands (school side) 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 along Alameda de las Pulgas

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

### **Concessions:**

Food truck available outside the main team entrance.

### **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 a warm-up area for those checked into their event.

600m warm up loop around the baseball fields. 1 mile around the school on sidewalks

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

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 west side of the track, near the common start/finish.

Porta-potties available outside main stadium entrance

### **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 20m exchange zone and be conducted as 4x400 exchange out of lanes.

### **Field Event Details:**

2 person teams in HJ, SP and Long Jump. Individual competition allowed

Up to three flights of 16 max

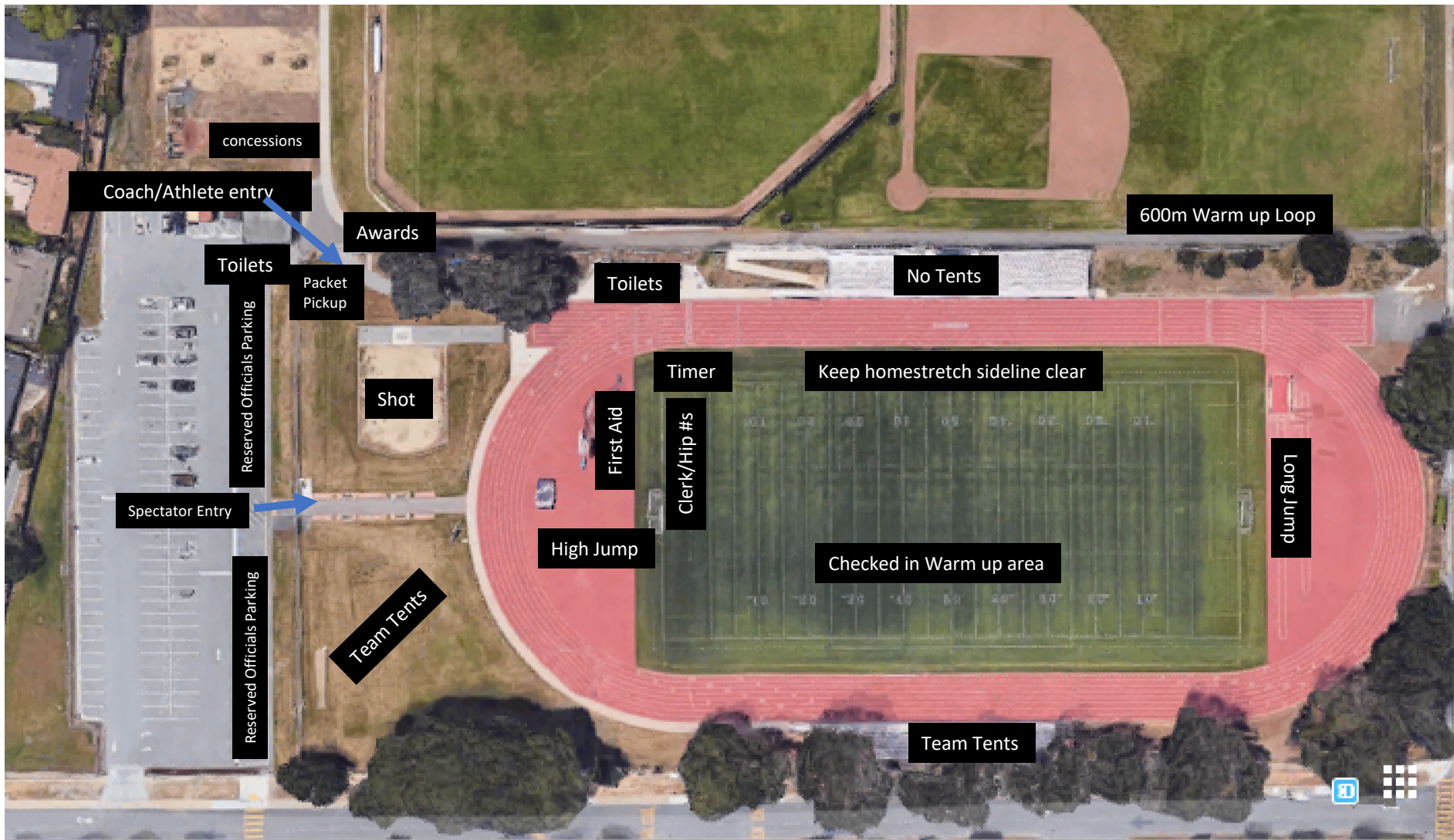
High Jump: VB – 5’/VG – 4’ 4’/FSB- 4’4’/FSG – 4’ **Tentative Starting Heights**

### **MEET DIRECTOR**

Chris Lucey, Head Coach, Hillsdale T&F,

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

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





## PARKING Areas

