



## 5th Annual Fighting Knights Relays

Hillsdale High School  
3115 Del Monte St, San Mateo, CA 94403

**Competition Date: March 14, 2026**

Welcome to the 5th annual Fighting Knights Relays!

*We've got a new order of events--bringing back the 4 x 4!*

### Event Information:

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

Running Events: 9:00 am start. All FAT timing.

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

Meet divisions: F/S and Varsity for both Boys and Girls

Athletes may not change between Varsity and F/S divisions during the meet.

Athletes may participate in up to 4 events, including relays.

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

**Individual Track Events:** 65 m/110m/100m hurdles and 100m races limited the top 32 entry times. The mile is limited to the top 20 entry seed times under the entry standard. You may use a 1600m time for seeding.

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 2025 and 2026. Seed times are required on all entries.

**Field Relays (2 person):** Long Jump, High Jump, Shot Put. Individual entries allowed on a space available basis. **Pole Vault will be an individual competition.**

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

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

Team Fees: \$125 max per division. \$450 max if entering all four divisions

An a la carte entry option is also available: \$30.00/relay team and \$15/entry individual events (hurdles, 100m, mile and pole vault entries).

Five coaches wristbands will be in the school's packet. Additional coaches wristbands (\$8/each) may be purchased with adding a donation on your meet invoice or at the team check-in.

Make check payable to: Hillsdale Track & Field ASB. Entry payments shall be received no later than at the gate on the day of the meet.

**Entry Deadline** on Athletics.net by 8:59 pm, Sunday, March 8th, 2026.

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

**Once you have entered an athlete in an event and the entry deadline has closed, your school is responsible for that entry fee, whether the athlete/team competes or not.**

**Late Entries and Fees:** Late entries will only be allowed if there is room in an event without adding additional heats. Late entries fees are \$25 per individual and \$40 per relay. We will not reseed events for late entries.

**Meet Spectator Admissions:**

Adults (19 and older): \$10.00 (+1 fee with GoFan)

Students (12-18) without ID: \$5.00 (+1 fee with GoFan)

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

PAL family season passes NOT valid for this event. CCS and CIF passes are valid.

A maximum of five (5) coaches per school will be admitted with their team free of charge at the "Athletes' Gate." Coaches wristbands will be in the team packet.

Additional coaches wristbands may be purchased at the team check-in.

All participants in uniform are admitted at no charge.

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

**Parking is challenging at Hillsdale:** Spectators please 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 have spots reserved for officials, coaches, and volunteers, 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 (including field event relays) and top 3 individuals in each division of the pole vault, hurdles, 100m, and mile.

**Protests:**

There is a \$50 cash fee for filing a protest.

The protest fee will be refunded if the protest is upheld.

**Tentative Order of Events and Schedule:**

All 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: typically, the start of the event prior to the one in which they are competing. Order of competition for the field events may be adjusted/consolidated based on entries received.

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

Event	Warmup	Competition	Tentative Order	Start
Shot Put	8:30 am	Flights	VG/FSG/VB/FSB	Max 24 entries per Division (12 pairs)
Long Jump	8:30 am	Flights	FSB/VB/FSG/VG	Max 24 entries per Division (12 pairs)
High Jump	8:30 am	Flights	FSG/VG/FSB/VB	Max 24 entries per Division (12 pairs) Preliminary Starting Heights VB – 5’/VG – 4’ 4”/FSB – 4’4”/FSG – 4’
<i>Pole Vault (Individual)</i>	<i>8:30 am</i>	<i>Flights</i>	<i>FSG &amp; VG - FSB &amp; VB</i>	<i>Max 20 entries per Division Preliminary Starting Heights VB – X’/VG – X’/FSB – X’/FSG – X’</i>

**Running Events**

Tentative Time	Event	Order	# Heats	Timing- 9:00 am start time
9:00	4 x 100m	F/S B, F/S G, VB, VG	Up to 2 per	1 team per division in relays. May fill open lanes with B teams if available
9:30	4 x 800	F/S B, F/S G, VB, VG	1 per	1 team per division in relays.
10:25	65m Hurdles	F/S B	Max 3	Top 35 entered times, max 3 per school
	110m Hurdles	VB	Max 3	Top 35 entered times, max 3 per school
	100m Hurdles	F/S G, VG	Max 3	Top 35 entered time per Division, max 3 per school
10:50	100 m	F/S B, F/S G, VB, VG	Max 3	Top 32 entered time per Division, max 3 per school
11:35	Mile	F/S B, F/S G, VB, VG	1per	<b>Top 20 times per division</b>
~brief pause				
12:30	4 x 200	F/S B, F/S G, VB, VG	Up to 2 per	1 team per division in relays. May fill open lanes with B teams if available. 3 <sup>rd</sup> leg breaks to lane 1
1:00	DMR--Girls	F/S G, VG	1 per	
1:30	800m SMR	F/S B, F/S G, VB, VG	Up to 2 per	100, 100, 200, 400 order. 400 breaks to lane 1.
2:00	DMR--Boys	F/S B, VB	1 per	
2:30	4 x 400	F/S B, F/S G, VB, VG	Up to 2 per	1 team per division in relays. May fill open lanes with B teams if available

## Meet Day Logistics

### Pop-up Tents/Team Camps:

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. West stands (school side) are for your spectators. NO TEAM TENTS ON THE FOOTBALL FIELD.

### Clerking/Check-in and Staging:

Clerking/Check-in Tent will be on the south endzone under the goal posts.

### Warm up Area:

The football field is a warm-up area only for those checked into the next event on the track. 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.

**Red hurdles** in the north endzone are for warmups. Blue hurdles are NOT for warm ups.

**Do not use the blue hurdles staged for competition.**

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:

Awards will be packaged and ready for Coaches to pick up post meet.

### 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 a 30m 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. Second exchange will be in lanes and use a 30m exchange zone at common start/finish. Third leg (2<sup>nd</sup> exchange) 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:

Two (2) person teams in HJ, SP and Long Jump. Individual competition allowed.  
Pole Vault will be an individual competition.

### Planned Starting Heights:

High Jump: VB – 5’/VG – 4’ 4”/FSB- 4’4”/FSG – 4’

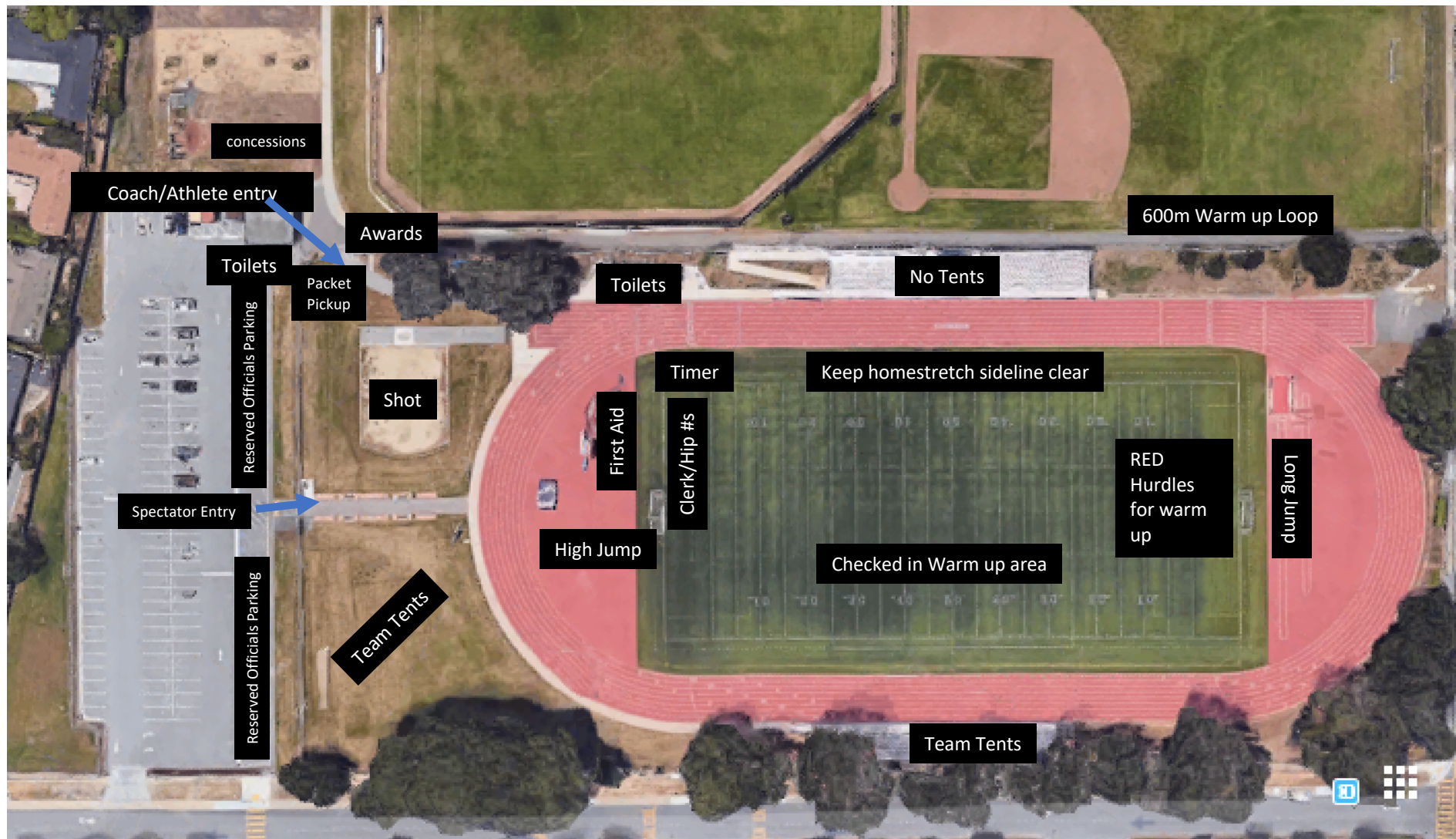
**Pole Vault: VB – 8’ /VG – 6’/FSB- 6’6” / FSG – 5’**

### MEET DIRECTOR

Chris Lucey, Head Coach, Hillsdale T&F,

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

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





## PARKING AREAS

