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***DEPARTMENT OF ATHLETICS***

**WHAT:** 2024 Union Redhawks JH Track and Field Invitational

**WHERE:** Union High School

**WHEN:** Tuesday, March 12, 2024

**TIME:**

Field Event warm-ups open at 11:15am

Field Events begin at 12pm

Coaches Meeting begins at 1:30pm

Running Events begin at 1:45pm

- Timing and entry information will be sent out to all confirmed teams.
- This will be a pre-heated meet. You will have to enter all kids in their events by the entry cutoff. Estimated times or no times are fine for entries.
- MAX ENTRIES: 4 kids per event per team and 1 relay per team. Example: Union boys A team can have 4 kids in each event and have 1 relay for the A team.
- Cutoff date is Sunday, **March 10<sup>th</sup> by 5:00 P.M. NO LATE ENTRIES**
- You may enter 7<sup>th</sup> and 8<sup>th</sup> A and B teams only

- \$175 per gender
    - Ex. 7<sup>th</sup> & 8<sup>th</sup> girls \$175
  - Please make checks payable to Union Public Schools
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- There will be a table on the field and athletes must check into their event at least 30 minutes before their event to get heat, lane, and hip number.
  - This will be a rolling schedule
  - All OSSAA rules apply
  - Scoring: 10-8-6-4-2-1 and double for relays
  - Contacts:
    - Tim Dial [dial.timmy@unionps.org](mailto:dial.timmy@unionps.org)
    - James Granger [Granger.James@unionps.org](mailto:Granger.James@unionps.org)

**ORDER OF EVENTS 7<sup>th</sup>/8<sup>th</sup>**

**12:00 FIELD EVENTS**

High Jump:	Boys, Girls
Pole Vault:	Girls, Boys
Long Jump:	Girls, Boys
Discus:	Girls, Boys
Shot:	Boys, Girls

**1:45 RUNNING EVENTS: TIME FINALS IN ALL EVENTS**

4x800m:	Girls, Boys
4x100m:	Girls, Boys
100m Hurdles:	Girls
110m Hurdles:	Boys
100m Dash:	Girls, Boys
4x200m:	Girls, Boys
800 M Run:	Girls, Boys
400m Dash:	Girls, Boys
300m Hurdles:	Girls, Boys
200m Dash:	Girls, Boys
1600 M Run:	Girls, Boys
4x400m:	Girls, Boys

School traffic from 3:20pm to 4pm. UHS releases from school at 3:37pm.

