



3rd Annual Fighting Knights Relays
Hillsdale High School
3115 Del Monte St, San Mateo, CA 94403
Competition Date: March 9, 2024

Welcome to our third annual Hillsdale Fighting Knights Relays. We're excited for our updated order of events and a fun day of great competition in San Mateo.

Event Information:

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

Running Events: 9:30 am start. All FAT timing.

Final schedule to be released in early March based on entries

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

Four meet divisions (F/S and Varsity for both Boys and Girls):

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

Mile races limited to max 20 entries with time standards for each division.

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

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 2024 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 \$10/entry Individual (hurdles, 100m, mile entries):

Entry Deadline on Athletics.net by 8:59 pm, Sunday, March 3rd, 2024.

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.

Invitational mile entries without a seed time will be rejected. You may use a 1600m time for seeding.

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 for \$20.

Parking is challenging at Hillsdale. Buses should park along Alameda de las Pulgas between 31st and 36th Ave. Parents and Athletes: utilize the Del Monte and 31st 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 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:

Field events start at 9:00 a.m. and track events start at 9:30 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)

Event	<u>Warm up</u>	Competition	Order	Start
Shot Put	8:30 am	Flights	VB/VG/FSB/FSG	
Long Jump	8:30 am	Flights	VG/VB/FSG/FSB	8' Board: Max 24 entries per Division
High Jump	8:30 am	Flights	VB/VG/FSB/FSG	Preliminary Starting Heights VB – 5'/VG – 4' 4"/FSB- 4'4/ FSG – 4'

Preliminary Schedule and Order of Events

Final schedule will be released in early March.

Tentative Time	Event	Order	# Heats	Timing- 9:30 am start time
9:30	4 x 800	F/S B, F/S G, VB, VG	1 per	1 team per division in relays. May fill open lanes with B teams if available
10:35	65m Hurdles	F/S B	Max 8	2 entries
	110m Hurdles	VB	Max 8	2 entries
	100m Hurdles	F/S G, VG	Max 8	2 entries per division
11:00	100 m	F/S B, F/S G, VB, VG	Max 8	2 entries per division. May fill open lanes from rank order list
11:45	Mile	F/S B, VB, F/S G, VG	1per	Top 20 times per division
12:15	4 x 100	F/S B, F/S G, VB, VG	Up to 3 per	1 team per division in relays. May fill open lanes with B teams if available
12:45	DMR--Boys	F/S B, VB,	1 per	
1:15	SMR	F/S B, F/S G, VB, VG	Up to 3 per	100, 100, 200, 400 order
1:45	DMR--Girls	F/S G, VG	1 per	
2:15	4 x 200	F/S B, F/S G, VB, VG	Up to 3 per	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 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.

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. 3rd 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. Second 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:

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

High Jump: VB – 5’/VG – 4’ 4’/FSB- 4’8’/ FSG – 4’ **Tentative Starting Heights**

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

