



4th Annual Fighting Knights Relays
Hillsdale High School
3115 Del Monte St, San Mateo, CA 94403
Competition Date: March 8, 2025

Welcome to the fourth annual Hillsdale Fighting Knights Relays. We're excited for you to join a fun day of great competition in San Mateo.

Event Information:

Field Event Relays: 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 and field 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
65 m/110m/100m hurdles and mile races limited the top 28 entry times, **with a time standard for each division**. Mile entries need a seed time for consideration. You may use a 1600m time for seeding. 100m dashes limited to top 32 entry times.

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 2024. Seed times are required on all entries.

Athletes may not change between Varsity and F/S divisions during the meet.
Athletes may participate in up to 4 events, including relays.

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. \$450 if entering all four divisions

The maximum entry fee per school is \$450.00. (\$225 for single gender school)

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

Entry Deadline on Athletics.net by 8:59 pm, Sunday, March 2nd, 2025.

Make check payable to: Hillsdale Track & Field ASB

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 deadline.

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): \$8.00 (+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 allowed.

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

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 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 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 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. Order of competition for the field events may be adjusted/consolidated based on entries received.

Event	Warmup	Competition	Tentative Order	Start
Shot Put	8:30 am	Flights	VG/FSG/VB/FSB	Max 24 entries per Division
Long Jump	8:30 am	Flights	FSB/VB/FSG/VG	Max 24 entries per Division
High Jump	8:30 am	Flights	FSG/VG/FSB/VB	Max 24 entries per Division 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 3	Top 28 entered times, max 2 per school
	110m Hurdles	VB	Max 3	Top 28 entered times, max 2 per school
	100m Hurdles	F/S G, VG	Max 3	Top 28 entered time per Division, max 2 per school
11:00	100 m	F/S B, F/S G, VB, VG	Max 3	Top 32 entered time per Division, max 2 per school
11:45	Mile	F/S B, F/S G, VB, VG	1per	Top 20 times per division
15 min Pause				
12:30	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	
1:20	800m SMR	F/S B, F/S G, VB, VG	Up to 3 per	100, 100, 200, 400 order
1:50	DMR--Girls	F/S G, VG	1 per	
2:30	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:

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. Staging also be in the south endzone

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. **Do not use the 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. 3rd exchange will use the 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 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.

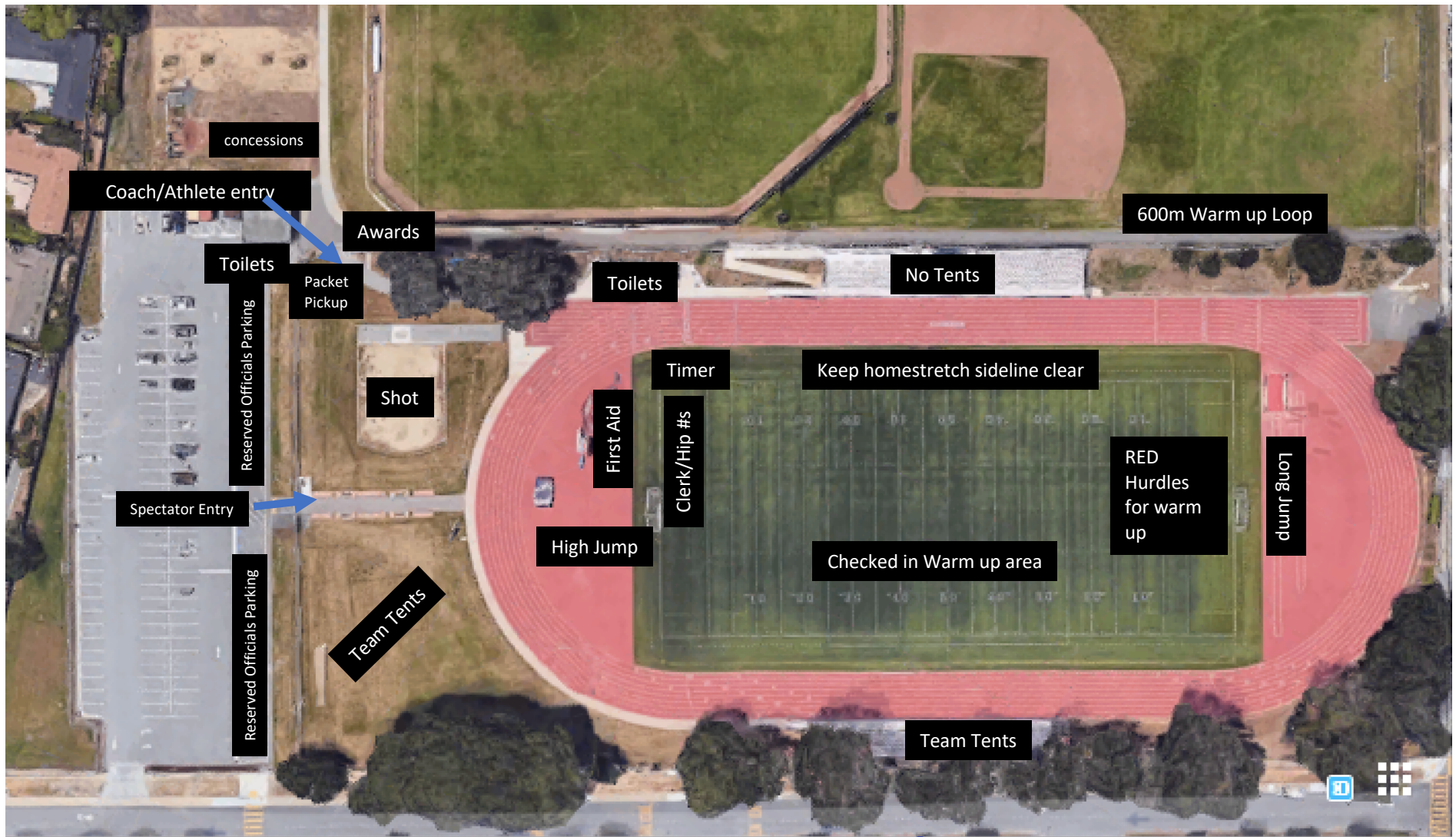
Planned Starting Heights: High Jump: VB – 5'/VG – 4' 4'/FSB- 4'4'/ FSG – 4'

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

