

Hebron Hawk Invitational

FEBRUARY 24, 2024

8:00 am Coaches' Meeting
8:30am Field Events
9:00am **3200m:** JVG, VG, JVB, VB

High Jump: JVG, JVB, VG, VB

Horizontal Jumps Pit 1: VB Triple Jump, VG Triple Jump, JVB Triple Jump, JVG Triple

Horizontal Jumps Pit 2: VG Long Jump, VB Long Jump, JVG Long Jump, JVB Long Jump

LJ: 1st legal jump measured, then, minimum measurements for LJ.

-Boys:18, Girls:14; **ALL** legal triple jumps will be measured

****Var/JV** competitors in Long and Triple will get 4 total jumps

Pole Vault: Girls followed by Boys (JV and Varsity will compete together)

Shot Put: VG, VB, JVG, JVB

Discus: VB, VG, JVB, JVG

****Varsity & JV** competitors in Shot and Discus will receive 4 throws

10:15 am ****DMR**** (Varsity Only)

****** Will combine depending on numbers

11:00 am ***Developmental 1600 (Open All Levels)***

12:00 pm *Lunch provided for all coaches

12:30 pm

RUNNING FINALS (*Rolling Schedule*)

4x100m Relay (JVG, VG, JVB, VB)

800m Run (JVG, VG, JVB, VB)

100/110m Hurdles (JVG, VG, JVB, VB) (33"/39")

100m Dash (JVG, VG, JVB, VB)

100m Dash – Wheelchair

4x200m Relay (JVG, VG, JVB, VB)

400m Dash (JVB, VG, JVB, VB)

400m Dash – Wheelchair

300m Hurdles (JVG, VG, JVB, VB) (30"/36")

200m Dash (JVB, VG, JVB, VB)

1600m Run (JVG, VG, JVB, VB)

4x400m Relay (JVG, VG, JVB, VB)

*****Payment Info:**

Gate charge: adults- \$5.00 students- \$2.00

Entry fee is \$250 per Varsity team and \$150 per JV team...\$600 Total for all 4 divisions.
\$20per individual

Make check payable to: HHCCTBC

Mail to: HHCCTBC P.O. Box 116953, Carrollton, TX 75011