

# Hebron Hawk Invitational

FEBRUARY 21, 2026

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: 1<sup>st</sup> 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 3 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 \$200 per JV team...\$700 Total for all 4 divisions.  
\$20 per individual

Make check payable to: HHCCTBC

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