

3rd Heartland Regional Homeschool Invitational Track and Field Meet

NOTE: Rosters are due by April 25th and Entries entered into the enduro entry system

Saturday April 27- Lincoln Arkansas

Lincoln High School , 1392 E. Pridemoare Dr, Lincoln Arkansas 72744

Cost- \$100 per team per division per gender(Note 10U and 8U is \$10.00 per kid up to \$100)

Individual Entry Fee is \$20.00

Awards- Medals to top three in each event and ribbons to 4th-6th places

Awards- Trophies to top places in each division

"9:00 AM Javelin- HS and 14u/JH Girls Pole Vault HS
Pole Vault- HS Boys and Girls

9:30 AM Javelin HS and 14U/JH Boys

Note: High Jump is regular 3 attempts at a height

"10:00 AM 3 throws or jumps
HS-Boys Long Jump HS- Girls Triple Jump
14U/JH Boys Discus 14U/JH - Girls Shot Put
14U/JH - Girls High Jump

"11:00 AM 3 throws or jumps
HS - Boys Triple Jump 14u/JH - Girls Long Jump
HS- - Boys Shot Put HS - Girls Discus
14u/JH - Boys High Jump

"12:00 AM 3 throws or jumps
14u/JH Boys Long Jump 14U/JH - Girls Triple Jump
HS - Boys Discus HS - Girls Shot Put
HS - Girls High Jump

"1:00 pm 3 throws or jumps
14u/JH - Boys Triple Jump HS - Girls Long Jump
14u/JH - Boys Shot Put 14u/JH - Girls Discus
HS - Boys High Jump

2:00 pm 3 throws or jumps
12-U -Boys Long Jump 12U - Girls Triple Jump
8U and 10U- Boys Discus 8U and 10U - Girls Shot Put
8U and 10U Girls High Jump

"2:45pm 3 throws or jumps
12U- Boys Triple Jump 8U and 10U - Girls Long Jump
12U- Boys Shot Put 12U - Girls Discus
8U and 10U- - Boys High Jump

3:30 pm 3 throws or jumps
8U and 10U Boys Long Jump 8U and 10U - Girls Triple Jump
12U - Boys Discus 12U - Girls Shot Put
12U - Girls High Jump

4:15 PM 3 throws or jumps
8U and 10U Triple Jump 12 u Girls Long Jump
8U and 10U Shot Put 8U and 10U Girls Discus
12 UBoys High Jump

9:00A.M.

12U 10U and 8U will start their running events.
We will run 8UG, 10U 12U G, 8UBoys, 10U Boys, 12U Boys
We will combine events if there are not enough athletes in a division

Hurdles 80 Meter Girls/Boys(30 inch)- 10U and 12U
4 x 100 Meter Relay
800 meter run
100 meter dash Finals only
4 x 800 Meter Relay-
4 x 200 Meter Relay
400 Meter Finals
200 meter dash
1600 Meter Run
50 Meter- 8U only Only(No 10U)
4 x 400 meter relay

Estimated start- We will run ahead if if all elementary running events are done
12:30pm

We will run 14U/JH girls, 14U/JH boys, HS-G, HS-B
All events timed as finals

1600 Meter Run
Hurdles 100 Meter Girls(30 inch)-14U/Junior High Girls
Hurdles-100 Meter Girls/Boys(33 inch)-Junior High Boys and High School Girls
Hurdles- 110 Meter Boys(39 inch) High School Boys
4 x 100 Meter Relay
800 meter run
100 meter dash Finals only
4 x 800 Meter Relay-
4 x 200 Meter Relay
400 Meter Finals
300 Inter. Hurdles(30 inch girls/boys) Junior High Girls and High School Girls
300 Inter. Hurdles(33 inch boy) Junior High Boys
300 Inter. Hurdles(36 inch boy) High School Boys
200 meter dash
2400/3200 meters including 12U and 10U
4 x 400 meter relay
