**Hanks 2022 Excalibur Invitational**

 The Hanks Track and Field team and coaches would like to invite you to this year’s Excalibur Invitational to be held on Friday and Saturday, March 25**-**26, 2022.

**This is a two-day meet with three divisions for girls and three divisions for boys. Varsity-V, Open-O, and Freshman-9th**

**Friday, March 25, 2022, Field Events**

Please have your athletes get all their steps and run-throughs 30 minutes prior to starting time so we can begin on time. Remember as per UIL- no running backward on the runways

**3:00 PM start**  \***boys pole vault** (V,O,9th) \***girls high jump** (V,O,9th)

\***boys long jump** (9th, V, O) \***girl’s triple jump** (9th, V, O)

 \***boys shot put** (V-ring 1/ 0-ring 2) \***girl’s discus** (V- ring 1/ O- ring 2)

 9th will follow in 1st open ring 9th will follow in 1st open ring

\*In VARSITY- each jumper/thrower (except HJ and PV) will have 3 jumps/throws and the top 8 will advance to finals for 3 additional jumps/throws. Open and 9th will have 4 attempts.

**Friday, March 25, 2022, Running Prelims and Finals**

**3:30 PM start** 3200 meters Finals-

 ***Running order is 9th G, OG, VG, 9thB, OB, and VB in all events***

 **We will combine 3200-meter races if there are low numbers- please let your athletes know**

 **Rolling schedule-Prelims**

 100 /110-meter hurdles

 100 meters

 100 meters Unified Division. **(If you would like to send any representatives for Special Olympics, please send me a list of names for the heat sheets and have a coach responsible for how to set up the teams per Special Olympic guidelines to meet at 4:00 PM)**

400 meters

 300 hurdles

 200 meters

**Saturday, March 26, 2022, Field Events**

Please have your athletes get all their steps and run-throughs 30 minutes prior to starting time so we can begin on time. Remember as per UIL- no running backward on the runways

**8:00 AM start** \***boys high jump** (V,O,9th) **\* girls pole vault** (V, O, 9th)

 **\*boys triple jump** (9th, V, O) **\*girls long jump** (O, V, 9th)

 **\*boys discus** (V- ring 1/O-ring 2) **\*girls shot put** (V- ring 1/O- ring 2)

 9th will follow in 1st open ring 9th will follow in 1st open ring

\*In VARSITY- each jumper/thrower (except HJ and PV) will have 3 jumps/throws and top 8 advances to finals- 3 additional jumps/throws. Open and 9th will have 4 attempts

**9:00 AM – running finals**

 ***running order is 9th G, OG, VG, 9thB, OB and VB in all events***

Rolling schedule- 4x100 relay

 800 meters

 100.110 hurdles

 100 meters

 4x200 relay

 400 meters

 300 hurdles

 200 meters

 1600 meters **We will combine the 1600-meter races if there are low numbers- please let your athletes know**

 Weight man’s relay

 4x400 relay

**Coaches information and working assignments:**

**Parking Information:**

* Buses will need to enter through the Fine Arts parking lot off of Anise and will continue to the dirt parking area near the tennis courts to park.

**General Information:**

* Bathrooms will be open next to the concession stand and behind the stadium
* All Team tents must be at the TOP of the stands
* There will be several hand sanitizing stations around the field to use
* Trash cans will be located on the field – please have your kids clean up their area
* Workers/coaches need to bring their own tape measure and measuring sticks to work the event assigned to you
* Please have your kids remain in the stands when not warming up- NO camps on the field- the kids will be removed if they are there with blankets, food etc. and not warming up
* Please have you kids use the hurdles in the warm-up area only. Please do not move hurdles in or out of that area.
* Trash cans will be located around the field, please have your kids clean up their area
* Hospitability will be provided for coaches only in the girls track locker room
* Concession stands will be open both days
* Please have your kids be aware of flagged area. They need to watch out for jumpers on the runways and high jump area and be careful around the throwing area
* Remind the kids that they can no longer run backwards on the runways (UIL guidelines)
* Athletes using profanity may be disqualified from the event or meet
* Only tennis balls or soft small items are allowed on the track for relays- no tape and no rocks
* Kids need to report to their field events to get marks 30 minutes prior to the start of the event
* Athletes will be called from the warm-up area to the running events for check in, please have them listen and report on first call- t**hey must get a hip number before they check in at the event**
* Blocks will be provided and located near the start of each race.
* Medals will be given to 1st -3rd and plaques for team champions

**Trainers:**

* Our trainers will provide water at the finish line
* Please have your athletes taped and treated before they come to the meet. Our trainers will be there to assist any new injury at the meet but not to tape kids before they compete.

**WORKING ASSIGNMENTS**: - coaches please provide 2 adults that are knowledgeable in the event assigned. **Please bring your own tape measure and measuring stick to run your event.**

**Field Event**:

**Long Jump**: San Eli (boys) Clint (girls) **Triple Jump**: Horizon (boys) Parkland (girls)

**Discus:** Hanks (ring 1-varsity girls and boys)  **Shot Put**: Socorro (ring 1-Varsity boys and girls)

El Dorado AND Anthony (ring 2-Open/9th girls and boys) Bowie AND Tornillo (ring 2 open and 9th girls and boys)

**Pole Vault**: Bel Air (boys) Eastlake (girls) **High Jump:** Hanks (girls and boys)

**Relay Exchanges:**

1st exchange and 800 break in- Tornillo, Chapin, San Eli, and Horizon (400, 800 and 1600 relay)

 2nd exchange- Parkland, Socorro, and El Dorado (400 and 800 relays)

 3rd exchange- Bel Air, Jesus Chapel, Anthony, and Bowie (400 relay and 800 relay)

Finish Line/Timers: Hanks Medals- Hanks

Clerks: Hanks HS Hurdle setters: Hanks

Starters: Hanks HS

If you have any questions or concerns for me, please feel free to call me at (915) 203-3949 or email me at

kgomez@yisd.net

Kimberly Gomez

Head Girls and Boys Track and Field