

Fourth Annual BAD DOGS

Middle School Track & Field Invitational

Hosted at Hemet High

May 3rd, 2023 at Hemet High School (41701 Stetson Ave., Hemet, CA)

- Meet begins at 3:45 pm at Hemet High Stadium (field events at 3:45, running events at 4:00)
- Combined grade level meet; 6th, 7th, & 8th grade
- Each athlete is limited to 4 total events - Each school is allowed 3 athletes per event
- One girl team and one boy team per school in each relay.
- Track spikes allowed, (3/16ths needle only). No starting blocks will be used.

Order of Events (CIF order)

- 4 X 100 Relay
- 1600
- 100 Meter Hurdles (30 inch)
- 400
- 100
- 800
- 300 Meter Hurdles (30 inch)
- 200
- 4 X 400 Relay

Field Events

- High Jump
- Long Jump
- Triple Jump
- Shot Put (4kg/8.8lb)
- Discus (1.0 kilo)

* **Medals awarded for 1st- 5th places**

* **Plaques to the top 3 teams in each gender**

* **Full concession stand**

* **Meet t-shirts for sale**

* **Meet professionally timed and scored by Finished Results**

(Score Top 8: 1st/10pts, 2nd/8 pts, 3rd/6pts, 4th/5pts, 5th/4 pts, 6th/3 pts, 7th/2 pts, and 8th/1pt)

- **must register through www.finishedresults.com (Mile Split) by April 30th, at 11:59 pm**

For more information:

Tom Siebold: email: tsiebold@hemetusd.org phone: (951) 415-9263

Location: This track is a 9 lane metered all weather track located at Hemet High School.

Meet Address: 41701 Stetson Ave., Hemet, CA 92544

Entry Fee: \$275 per school or \$30 per athlete. Entry fee must be paid prior to start of the meet.

Checks can be mailed or hand delivered the day of the meet.

Checks payable to: HHS Track and Field

Mail to: Hemet High School

attn: ASB

41701 Stetson Ave.

Hemet, CA 92544

Please include the school name when mailing a check. Multiple schools come from the same district and it is confusing as to which schools have paid when a check comes with just the school district listed on the check and no school name.

Attention All Coaches: Please be aware and prepared for all team health concerns. Please bring a first aid kit as well as water for your team. Hemet Unified School District, and any meet official and/or volunteer cannot be held responsible for any injuries or lost/stolen items during this meet.