

6th Annual Hempfield Area Middle School Track & Field Invitational

Date: Thursday, April 30, 2026

Time: Field Events start at 3:30 p.m.

Track Events start at 3:30 p.m.

Coaches meeting at 3:15 p.m.

Location: Hempfield Area High School

Cost: \$200 per school or \$100 if just a girls or boys team

Awards: Medals for 1st – 6th places; Plaques for 1st and 2nd place girls and boys teams
MVP plaques for both track and field events

Order of Track Events:

TRIALS - 110m Hurdle Trials boys/100m Hurdle Trials girls, 100m Trials – boys/girls,
3200m Relay – girls/boys

FINALS - 100m Hurdle Finals – girls/110m Hurdle Finals – boys (top 12), 100m Finals –
girls/boys (top 12), 1600m – girls/boys, 400m Relay – girls/boys, 400m – girls/boys,
800m – girls/boys, 200m – girls/boys, 1600m Relay – girls/boys,

Exhibition - won't be used for team scoring - Mixed (2 girls, 2 boys) 1600m Relay

Field Events:

Shot put (Girls – 6 lb/Boys 4kg), Discus(1kg) – boys/girls, Long Jump – boys/girls, and
Triple Jump – girls/boys: (No Finals – each athlete will have 4 attempts and seeded by
distance)

High Jump – girls/boys (starting height - girls - 4-0/boys - 4-6), Pole Vault - boys/girls
(starting height - girls 6-0/ boys 6-6): (No Finals – each athlete will have 3 attempts)

Additional Information:

- Each school may enter up to 3 athletes per event and 1 relay team per school. Athletes may participate in up to 4 events. Relays count as an event.
- Please submit payment and Team Registration form to reserve your spot and confirm your participation. Checks should be made payable to Spartan Track and Field. Mail completed payment and registration form to: Joyce Norris, 1363 Swede Hill Road, Greensburg, PA 15601
- There will be a concession stand open during the meet.
- Invitational T-shirts will be available for purchase.
- Each team must provide 2 coaches to work assigned events. We appreciate your help in advance.
- Teams must have entries submitted by 12:00p.m. Tuesday, April 28, 2026 through Athletic.net.
- Results will be available through Athletic.net.

If you have any questions, please contact Joyce Norris:

norrisj@hasdpa.net

(412)260-0809

**Hempfield Area
Middle School Track & Field Invitational**

**April 30, 2026
3:30 p.m.**

COACHES meeting at 3:15 p.m.

Please fill out the Registration form and return it along with payment by **April 15, 2026**.

____ Boys and Girls FEE: \$200

____ Girls only FEE: \$100

____ Boys only FEE: \$100

SCHOOL: _____ PHONE: _____

COACH: _____ EMAIL: _____

Each team Girl/Boy will be assigned an event to work.

Please make checks payable to: **Spartan Track and Field**

Mail Registration and Payment to:
Joyce Norris
1363 Swede Hill Road
Greensburg, PA 15601