



HERITAGE HIGH SCHOOL

TRACK & FIELD

Date:
MARCH 8

Time:
8:00 AM
GATES OPEN AT 6AM
FOR WARM UPS

**Location: HERITAGE HS
MARION ASHLEY STADIUM**

INTRODUCING HERITAGE HIGH SCHOOL'S FIRST ANNUAL TRACK & FIELD FREEDOM INVITATIONAL! WE'RE EXCITED TO HOST THIS EVENT ON OUR BRAND-NEW STADIUM TRACK. THE FIRST 20 SCHOOLS TO RETURN A SIGNED CONTRACT WILL SECURE THEIR SPOT IN THIS EXCITING COMPETITION. DON'T MISS OUT ON THIS INCREDIBLE OPPORTUNITY!

REGISTRATION PRICES:

**FULL TEAM \$500 / PER GROUP \$125 / INDIVIDUAL PER EVENT \$20 /
RELAYS PER EVENT \$20**

**RETURN OR REQUEST A CONTRACT THROUGH
BRANDON.JONES@PUHSD.ORG**



ANNUAL FREEDOM INVITATIONAL

ASHLEY MILTON STADIUM @ HERITAGE HIGH SCHOOL

Saturday March 8, 2025 @ 8:00 AM

STADIUM OPENS AT 6 AM BUS PARKING AND ENTRY INFORMATION WILL BE SHARED AFTER PAYMENTS ARE RECEIVED. SEE CONTRACT FOR MORE INFORMATION

We are excited to have you be a part of this year's School.

Order of Events

* F/S GIRLS, F/S BOYS, VARSITY GIRLS, VARSITY BOYS EXCEPT HURDLES AND SHOT PUT

1. F/S GIRLS	4 X 800 RELAY	28. VARSITY BOYS	400 M DASH
2. F/S BOYS	4 X 800 RELAY	29. F/S GIRLS	300 HURDLES
3. VARSITY GIRLS	4 X 800 RELAY	30. VARSITY GIRLS	300 HURDLES
4. VARSITY BOYS	4 X 800 RELAY	31. F/S BOYS	300 HURDLES
5. F/S GIRLS	100 M DASH	32. VARSITY BOYS	300 HURDLES
6. F/S BOYS	100 M DASH	33. F/S GIRLS	800 RUN
7. VARSITY GIRLS	100 M DASH	34. F/S BOYS	800 RUN
8. VARSITY BOYS	100 M DASH	35. VARSITY GIRLS	800 RUN
9. F/S BOYS	110 HURDLES	36. VARSITY BOYS	800 RUN
10. VARSITY BOYS	110 HURDLES	37. F/S GIRLS	200 M DASH
11. F/S GIRLS	100 HURDLES	38. F/S BOYS	200 M DASH
12. VARSITY GIRLS	100 HURDLES	39. VARSITY GIRLS	200 M DASH
13. F/S GIRLS	4 X 200 RELAY	40. VARSITY BOYS	200 M DASH
14. F/S BOYS	4 X 200 RELAY	41. F/S GIRLS	3200 RUN
15. VARSITY GIRLS	4 X 200 RELAY	42. F/S BOYS	3200 RUN
16. VARSITY BOYS	4 X 200 RELAY	43. VARSITY GIRLS	3200 RUN
17. F/S GIRLS	1600 M RUN	44. VARSITY BOYS	3200 RUN
18. F/S BOYS	1600 M RUN	45. F/S GIRLS	4 X 400 RELAY
19. VARSITY GIRLS	1600 M RUN	46. F/S BOYS	4 X 400 RELAY
20. VARSITY BOYS	1600 M RUN	47. VARSITY GIRLS	4 X 400 RELAY
21. F/S GIRLS	4 X 100 RELAY	48. VARSITY BOYS	4 X 400 RELAY
22. F/S BOYS	4 X 100 RELAY	49. F/S GIRLS THROWERS RELAY	
23. VARSITY GIRLS	4 X 100 RELAY	50. F/S BOYS THROWERS RELAY	
24. VARSITY BOYS	4 X 100 RELAY	51. VAR GIRLS THROWERS RELAY	
25. F/S GIRLS	400 M DASH	52. VAR BOYS THROWERS RELAY	
26. F/S BOYS	400 M DASH		
27. VARSITY GIRLS	400 M DASH		

(Throwers only "non-scoring" - May not be in any running/jumping events and Bag of burgers for boy winners, cake for ladies).

Event	Time	Event #	Division	Flight	# Pit :
LONG JUMP	8:30am	Girls F/S (3 Jumps)	1, 2	Pit 1	
	8:30am	Boys F/S (3 Jumps)	1, 2	Pit 2	
	12:30pm	Girls Varsity (4 Jumps)	1, 2	Pit 1	
	12:30pm	Boys Varsity (4 Jumps)	1, 2	Pit 2	
TRIPLE JUMP	10:30am	Girls F/S (3 Jumps)	1, 2	Pit 1	
	10:30am	Boys F/S (3 Jumps)	1, 2	Pit 2	
	3:00pm	Girls Varsity (4 Jumps)	1, 2	Pit 1	
	3:00pm	Boys Varsity (4 Jumps)	1, 2	Pit 2	
HIGH JUMP	9:30am	Girls F/S			
	11:00am	Boys F/S			
	1:00pm	Girls VAR			
	3:00pm	Boys VAR			
SHOT PUT	8:45 am	Boys F/S (3 Throws)	1, 2, 3		
	10:45 am	Girls F/S (3 Throws)	1, 2, 3		
	12:45 pm	Boys VAR (4 Throws)	1, 2, 3		
	3:00 pm	Girls VAR (4 Throws)	1, 2, 3		
DISCUS	8:30 am	Girls F/S (3 Throws)	1, 2, 3		
	10:30 am	Boys F/S (3 Throws)	1, 2, 3		
	12:30 pm	Girls VAR (4 Throws)	1, 2, 3		
	2:45 pm	Boys VAR (4 Throws)	1, 2, 3		

Meet specific information.

No Scratches/adds on meet day. B/C teams allowed. Entries through **FINISHED RESULTS**, Communication about bus parking, spectator admissions, etc.. will be provided thru emails from **Athletic.net**

Awards

Medals will be awarded to the top 3 teams in each relay event for each level. Team trophies for each gender will go to the top 3 teams per for the overall meet for each level. Coaches pick up both at the end of the meet from the press box.

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