

7th & 8th Grade HCAA Conference Meet @ Richards
Tuesday, April 15th, 2025

Running Events: $\frac{7}{8}$ Girls, $\frac{7}{8}$ Boys

9:00	1600 Meter Run Boys
9:15	1600 Meter Run Girls
9:30	100 Meter Hurdles
10:00	400 Meter Dash
10:20	400 Meter Relay
10:35	100 Meter Dash
11:00	800 Meter Run
11:20	Lunch Break
11:40	800 Meter Relay
12:00	200 Meter Dash
12:35	1600 Meter Relay
1:10	3200 Meter Run Boys
1:40	3200 Meter Run Girls

Field Events:

9:00-10:30	Boys 7/8 Discus	1-8 ribbons
	Girls 7/8 High Jump	1-30 th - 3200 meter run
	Boys 7/8 Long Jump	2 Relay Teams per School
	Girls 7/8 Long Jump	4 Events per Athlete
	Girls 7/8 Shot	4 Athletes per Field event with 4 Attempts
		<u>unlimited</u> 3200

12:00-1:30	Boys 7/8 High Jump
	Girls 7/8 Discus
	Boys 7/8 Triple Jump
	Girls 7/8 Triple Jump
	Boys 7/8 Shot Put

2:00	AWARDS
------	---------------

5th & 6th Grade HCAA Conference Meet @ Richards
Wednesday, April 16th, 2025

Running Events: $\frac{5}{6}$ Girls, $\frac{5}{6}$ Boys

9:00 1600 Meter Run Boys
9:15 1600 Meter Run Girls
9:30 100 Meter Hurdles
10:00 400 Meter Dash
10:20 400 Meter Relay
10:35 100 Meter Dash
11:00 800 Meter Run
11:20 Lunch Break
11:40 800 Meter Relay
12:00 200 Meter Dash
12:35 1600 Meter Relay
1:10 3200 Meter Run Boys
1:40 3200 Meter Run Girls

Field Events:

9:00-10:30	Boys 5/6 Discus	1-8 ribbons
	Girls 5/6 High Jump	1-30 th - 3200 meter run
	Boys 5/6 Long Jump	2 Relay Teams per School
	Girls 5/6 Long Jump	4 Events per Athlete
	Girls 5/6 Shot	4 Athletes per Field event with 4 Attempts
		<u>unlimited</u> 3200

12:00-1:30	Boys 5/6 High Jump
	Girls 5/6 Discus
	Boys 5/6 Triple Jump
	Girls 5/6 Triple Jump
	Boys 5/6 Shot Put

2:00	AWARDS
------	---------------