



# 2024

## CO-ED TRACK INVITATIONAL



**Date:** **May 10th**

**Location:** Oneida High School

**Time:** 3:30 Coaches Meeting  
3:45 Meet begins

**Meet Director:** Phil Ottaviano  
Work: 315-363-1050  
Cell: 315-378-7169  
Email: [pottaviano@oneidacsd.org](mailto:pottaviano@oneidacsd.org)

**Coaches Responsibility:** Email me to confirm your intent to attend and turn in your voucher on time.

**Entry Process:**

- 1 Email your intent to participate to [pottaviano@oneidacsd.org](mailto:pottaviano@oneidacsd.org) by **May 7th**.
- 2 All entries should be made through [ny.milesplit.com](https://ny.milesplit.com). Once you have provided your intent to participate, you will receive a password to allow entry into the meet.
- 3 Entry deadline is **May 8th at 11:00pm**.

**Entries:** Athletes may compete in 4 events (except pentathlon)  
**Running & Field Events:** Two boys and/or two girls per school per event.  
**Pentathlon:** 1 boy and/or 1 girl per school  
**Relays:** 1 Boys and/or 1 Girls team per school per relay  
**Entry Fees:** \$250 for Co-Ed Team  
\$150 for single (Boys or Girls) Team  
\$15/ Athlete or Relay Team (5 max)

**Payment:** Please make vouchers payable to: Oneida All Sports Boosters Club

**Return Voucher to:** Phil Ottaviano, Oneida Middle School  
200 Markell Drive  
Wampsville, NY 13163

# LIVE RESULTS

Sign up for text notifications  
[Finishright.com](https://www.finishright.com)



## Order of Events

| RUNNING EVENTS    |        | FIELD EVENTS                |  | STANDARDS |
|-------------------|--------|-----------------------------|--|-----------|
| 100H              | PENT G | BOYS SHOT PUT               |  | 35'       |
| 100H (G)          | FINAL  | GIRLS SHOT PUT              |  | 26'       |
| 110HH             | PENT B | GIRLS DISCUS                |  | 75'       |
| 110HH (B)         | FINAL  | BOYS DISCUS                 |  | 95'       |
| STEEPLE CHASE B/G | FINAL  | GIRLS PENT HJ               |  |           |
| 400 (B/G)         | FINAL  | GIRLS HIGH JUMP             |  | 4'6"      |
| 100 (B/G)         | FINAL  | BOYS PENT HJ                |  |           |
| 800 (B/G)         | FINAL  | BOYS HIGH JUMP              |  | 5' - 2"   |
| 400 H (B/G)       | FINAL  | GIRLS LONG JUMP             |  | 14'       |
| 3200/3000 (B/G)   | FINAL  | BOYS LONG JUMP              |  | 17'       |
| 200 (B/G)         | FINAL  | BOYS TRIPLE JUMP            |  | 35'       |
| 4 X 800 (B/G)     | FINAL  | GIRLS TRIPLE JUMP           |  | 30'       |
| 4 X 100 (B/G)     | FINAL  | GIRLS POLE VAULT            |  | 6'        |
| 1500/800 (B/G)    | PENT   | BOYS POLE VAULT             |  | 9' - 4"   |
| 4 X 400 (B/G)     | FINAL  | <b>4 throws and 4 jumps</b> |  |           |



**Pentathlon Order:**

- 1 100H / 110H**
- 2 High Jump**
- 3 Shot Put**
- 4 Long Jump**
- 5 1500/800**

**\* The pentathlon 1500/800 will be placed when needed if they finish early.**

**\* Pole Vaulters must be able to safely attempt the opening height.**

**Scoring: 10-8-6-4-2-1**

**Awards: Ribbons (1st—6th place)  
Trophies for Boys and Girls Pentathlete winner  
Trophies for Boys and Girls Team Champions**

**Facilities: 6 Lane all-weather track**

**2 horizontal jumping areas with all-weather surface runways**

**High jump and pole vault areas with all-weather surfaces**

**Shotput and discus area with concrete throwing areas**

**Starting Blocks will be provided. You may bring your own.**

**Concessions: Food, beverages, and snacks will be available**

**Apparel: Fine Designs will be the company providing apparel at the meet.  
We will send out information closer to the event.**

**Results: Will be live on [Finishright.com](https://www.finishright.com). Results will also be posted on [NYMilesplit.com](https://www.nymilesplit.com)**