

2nd Annual Warrior Specialties Festival

Friday, May 13th 2022 4:00pm Start @ Clinton Central School
\$200 Entry fee

- 1) Athletes may enter a maximum of **Four** individual events or **One** multi-event.
- 2) Three (3) jumps, Three (3) throws in all field events.
- 3) Schools may enter up to **Three** individuals in any event (individuals as well as the multi-events)!
- 4) This meet will be a SIX(6) school maximum contest.
- 5) Maximum of Eighteen (18) competitors in each Multi-event

Note: Throwers MAY throw less than all 5 events (meaning that they do NOT have to contest the "full" Throws Pentathlon) but they still "count" as one of your 3 allowed entries in the Throws Pentathlon.

Order of Events: Girls followed by Boys

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|-------------------------------|-------------------------------|
| 1. G Pentathlon HH | A) Boys Pentathlon Shot Put |
| 2. G 100HH * | |
| 3. B 110HH * | B) Girls Pentathlon High Jump |
| 4. B Pentathlon HH | |
| 5. G One Mile (actual MILE!)* | C) Boys Pentathlon Long Jump |
| 6. B One Mile (actual MILE!)* | |
| 7. G 300 IH * | D) Girls Pentathlon Shot Put |
| 8. B 300 IH * | |
| 9. G 2000 Steeplechase * | E) Boys Pentathlon High Jump |
| 10. B 3000 Steeplechase * | |
| 11. G Pentathlon 800 | F) Girls Pentathlon Long Jump |
| 12. B Pentathlon 1500 | |
| 13. B & G 5000 (On Track) | |

Pole Vault *

Girls followed by Boys (opening heights and progressions based on number of entrants)

Rounds ONE & TWO Throws Pent:

Boys at Discus, then Javelin

Girls at Hammer, then Weight

Rounds THREE & FOUR Throws Pent:

Girls at Discus, then Javelin

Boys at Hammer, then Weight

Throws Pentathlon Round FIVE: Boys & Girls at separate Shot Put circles

Clarification - The ONLY **Individual events** at this meet are:

* 100HH, 110HH, 300 IH, One Mile, 2K Steeple (G), 3K Steeple (B), 5K (Track) & PV

Multi-events are:

Girls standard Pentathlon (100HH, HJ, SP, LJ, 800)

Boys standard Pentathlon (SP, 110HH, LJ, HJ, 1500)

Girls **Throws** Pentathlon (4k SP, 4k HT, 1K DT, 20# WT, 600g Javelin)

Boys **Throws** Pentathlon (12# SP, 12# HT, 1.6K DT, 25# WT, 800g Javelin)

Competing schools: Clinton, West Canada, ?, ?, ?, ?

**** Limit 6 total schools. Contact ndeep@ccs.edu to "reserve" a spot. ****