

The 7th Annual Baldwinsville John Arcaro Co-Ed Classic

Boys and Girls Track and Field Invitational @ Pelcher-Arcaro Stadium

Friday May 12th 2023

4:30 PM

Entry Fee: \$175 per one team
 \$300 combined boys and girls entry from one school
 \$35 per athlete (up to six athletes)

Payable to: Baldwinsville Harriers % Bill Spicer
 29 E. Oneida Street
 Baldwinsville, NY 13027

Entry Info and Deadline:

1. Coaches notify Bill Spicer via email at wspicer@bville.org intent to participate by **Monday, May 1st.**
2. All entries are to be done online via <http://ny.milesplit.com> (email Chad at chad@leonetiming.com for help)
3. Entry deadline is **May 10th at 11:00pm.** Please make every effort to make entry changes before the day of the meet. **We will be capping this meet to the first 20 boys teams and 20 girls teams.**

Scoring: 10-8-6-4-2-1 for all events

Timing: F.A.T. by Leone Timing

Awards: Individual medals for 1st place and ribbons for places 2-6.

| | | | |
|---------------------------|---------|--|-----|
| Event Information: | 4:15 PM | Coaches Meeting (Scratches due at this time) | |
| | 4:30 PM | (G-B) Steeplechase | (F) |
| | | (G-B) 4x800 Meter Relay | (F) |
| | | (G-B) 400 Meter Hurdles | (F) |
| | | (G-B) 100 Meter Dash | (F) |
| | | (G-B) 100/110 Hurdles | (F) |
| | | (G-B) 1500/1600 Meters | (F) |
| | | (G-B) 400 Meters | (F) |
| | | (G-B) 3000/3200 Meters | (F) |
| | | (G-B) 800 Meters | (F) |
| | | (G-B) 200 Meter Dash | (F) |
| | | (G-B) 4x400 Meter Relay | (F) |
| | | (G-B) 4x100 Meter Relay | (F) |
| | | (G-B) 4x100 Meter Muscle Relay (must throw in meet) | (F) |
| | | ****4x100 Meter Muscle Relay is non-scoring and has a special award (not medals or ribbons). | |

Entry Limits and Field Events: Entries are limited to (2) individuals per event and (1) relay per team. Athletes can compete in a max of (4) events.

| Session #1 (4:30 Start) | Girls | Boys | Session #2 | Girls | Boys |
|-------------------------|------------|-----------|----------------|-------------|-------------|
| | Long Jump | Long Jump | (completion of | Triple Jump | Triple Jump |
| | Shot Put | Discus | session #1) | Discus | Shot Put |
| | Pole Vault | High Jump | | High Jump | Pole Vault |

Note: All field events get (3) attempts. Long and Triple Jump may be in flights (depends on entry numbers. Opening heights- HJ (G) 4'4" (B) 5'0" PV (G) 6'6" (B) 8'