

**2023 Chittenango Invitational**  
**@Chittenango High School:**  
**Saturday April 29, 2023**

**The Fleet Feet Mile will be run at 2:00PM**

**This meet will contest the Pentathlon and Steeplechase**

Running 1:00pm Start

Field Events 1:00pm Start

110 HH Boys	Pent	Long Jump Boys 1:00pm to 2:00pm (Top half seeds)
110 HH Boys	Final	Long Jump Boys 2:05pm to 3:05pm (2 <sup>nd</sup> half seeds)
100 Hurdles Girls	Pent	Triple Jump Girls 1:00pm to 2:00pm (Top half seeds)
100 Hurdles Girls	Final	Triple Jump Girls 2:05pm to 3:05pm (2 <sup>nd</sup> half seeds)
3000m Steeple Boys	Final	Long Jump Girls 3:10pm to 4:10pm (Top half seeds)
2000m Steeple Girls	Final	Long Jump Girls 4:15pm to 5:15pm (2 <sup>nd</sup> half seeds)
100m Dash Boys	Final	Triple Jump Boys 3:10pm to 4:10pm (Top half seeds)
100m Dash Girls	Final	Triple Jump Boys 4:15pm to 5:15pm (2 <sup>nd</sup> half seeds)
Boys Mile	Final	
Girls Mile (Not 1500m)	Final	
4 x 100m Girls	Final	Boys Shot 1:00pm-2:30pm
4 x 100m Boys	Final	Girls Discus 1:00pm-2:30pm
400m Boys	Final	Boys Discus 2:35pm-4:05pm
400m Girls	Final	Girls Shot 2:35pm-4:05pm
400m Hurdles Girls	Final	
400m Hurdles Boys	Final	HJ five alive format > 3 consecutive misses
800m Boys	Final	Boys 3:00pm start 4'10" >2" to 5'10" > 1" to completion
800m Girls	Final	Girls 3:00pm start 4'2" >2" to 5'00" > 1" to completion
Boys 4 x 400m	Final	
Girls 4 x400	Final	Pole Vault five alive format > 3 consecutive misses
1500m Boys	Pent	Girls 1:00pm start 6'06" > 6" to completion (last athlete calls height)
800m Girls	Pent	Boys@ conclusion of girls
Boys 4 x 800m	Final	Boys start 8'06" > 6" to completion (last athlete calls height)
Girls 4 x 800m	Final	

# Meet Information

**Fleet Feet Mile: We will place the top 12 entries in both the boys and girls Fleet Feet Mile. Coaches must e-mail their intended Fleet Feet Milers names and seed time with a picture of the athlete to: [hmuller@chittenangoschools.org](mailto:hmuller@chittenangoschools.org) by Monday April 24<sup>th</sup> 2023. The meet director will enter athletes in the Fleet Feet mile for you. Athletes not accepted in the fleet feet mile will be entered in the open mile. This will be in addition to each school's 2 entries in the mile.**

**Entries:** All entries will be made on [MileSplitNY](https://www.milesplit.com)

**Entry to the meet is password protected. You must contact: [hmuller@chittenangoschools.org](mailto:hmuller@chittenangoschools.org) to receive the password for the meet.**

- 2 entries per school in individual events.
- Fleet Feet Mile entry deadline is Monday 4/24/2023.
- Each school may enter one relay team.
- All Events are timed finals
- 1 athlete from each school in the Pentathlon.

## ***Pentathlon Order Boys:***

- 110mHH, High Jump; Shot Put; Long Jump; 1500m
- 110mHH will precede the open 110m HH
- High Jump will have a dedicated jumping area. Starting height will be 120cm (188points) We will increase by increments of 5.00cm

## ***Pentathlon Order Girls:***

- 100mHH, High Jump; Shot Put; Long Jump; 800m
- 100mHH will precede the open 100m HH
- High Jump will have dedicated jumping area. Starting height will be 106cm (188points) We will increase by increments of 5.00cm

## ***Concession***

The Chittenango Booster club will open the Snack Bar.

## ***T-shirt***

Meet t-shirts will be sold for \$15.

## ***Entry Fee***

The cost of the meet will be **\$200 for combined boys and girls team. A single team will be charged \$120.**

Please make checks payable to the Chittenango Varsity Club. (Vouchers Accepted)

## ***Please mail to:***

***Harold Muller***

***Chittenango High School***

***150 Genesee Street***

***Chittenango NY, 14104***

***Email:***