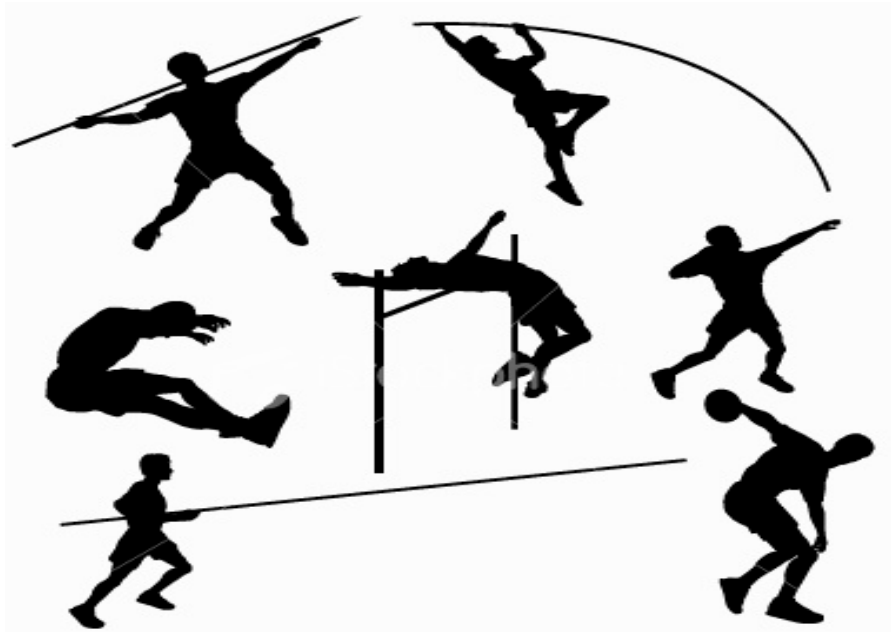


Cook - DeStefano

Co - Ed **TRACK & FIELD INVITATIONAL**



@

**PROCTOR HIGH SCHOOL
UTICA, NY**

FRIDAY APRIL 22, 2022
4:00 PM

UTICA CITY SCHOOL DISTRICT

Lou Cook – Peter DeStefano
Co - Ed Track & Field Invitational
@ Proctor HS
Friday, April 22, 2022
4:00 PM

Entries:

Boys & Girls Co-Ed Meet
Field Events begin @ 4:00 PM
Relays begin @ 4:00 PM
2 individuals per event
(If you have a high quality 3rd athlete who can meet the standards, contact Jerry Tine for entrance into the meet)
1 relay team per school
1 Competitor in the Pentathlon (1 Boy // 1 Girl)
Each Individual may only compete in a maximum of 4 events
(If entered in the pentathlon you may not enter any other event)
Pentathlon Order of Events: High Jump -- Long Jump -- Hurdles -- Shot Put -- 800m. / 1500m.

Boys Discus 1ST - Girls to Follow (3 Throws) - No Finals
Girls Shot Put 1ST - Boys to Follow (3 Throws) - No Finals
Long Jump & Triple Jump (3 Jumps Each) - No Finals
2 - High Jump & Pole Vault & LJ / TJ Pits (Boys Facing Stadium -- Girls Facing School)
Long Jump first with Triple Jump to Follow after Pentathlon Long Jump

Opening Hts. (Boys - Pole Vault = 7'6" & High Jump = 5'0" // Girls - Pole Vault = 6'6" & High Jump 4'2")

**Minimums: Shot Put (Boys = 34' / Girls = 27') Discus (Boys = 90' / Girls = 70')
Long Jump (Boys = 17' / Girls = 14') Triple Jump (Boys = 35' / Girls = 28')**

Order of Events:

1. 4 X 100m. Relay (Girls then Boys)
2. 4 x 800m. Relay (Girls then Boys)
3. 4 X 400m. Relay (Girls then Boys)
4. 2000m. Girls Steeplechase
5. 3000m. Boys Steeplechase
6. 100m. Pentathlon Girls Hurdles
7. 100m. Girls Hurdles
8. 110m. Pentathlon Boys Hurdles
9. 110m. Boys Hurdles
10. 100m. Dash (G - B)
11. 1500m. Girls
12. 1600m. Boys
13. 400m. Dash (G - B)
14. 400m. Hurdles (Girls then Boys)
15. 800m. (G - B)
16. 200m. (G - B)
17. 3000m. Girls
18. 3200m. Boys
19. 800m. Girls Pentathlon
20. 1500m. Boys Pentathlon

UTICA CITY SCHOOL DISTRICT

Lou Cook – Peter DeStefano
Co - Ed Track & Field Invitational
@ Proctor HS
Friday, April 22, 2022
4:00 PM

Entry Fee: \$250 for Combined Boys & Girls Teams (\$150 for a single team) // \$20 for a single athlete

Send Checks:
(Payable to) Utica City School District
929 York St.
Utica, NY 13502
(315) 792 - 2210

Meet Director: Jerry Tine
Head Boys Track Coach
Proctor High School
jtine@uticaschools.org
(315) 723 - 2478

Rules: National Federation & NYSPHSAA

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

Awards: Medals for 1st / 2nd / 3rd Place & Ribbons for 4th - 5th - 6th Place

Team Awards: Team Plaque for 1st - 2nd - 3rd Place Teams (Boys Teams & Girls Teams)

Special Awards: Pole Vault Champions Plaque / Pentathlon Champions Plaque / 1500m. + 1600m. Trophy

Spikes: ¼ Inch Pyramid - Only

Bathrooms: Available on Site

Locker Rooms: Not Available

Proctor High School: No Access

Starting Blocks: Bring your own

Online Entries: Mile Split NY by Wednesday 4 / 20 / 22 @ 10:00 pm

Timing Company: First Across Timing Services

Coaches Meeting: 3:45 pm

Concession Stand: Available (Limited) - Drinks, Water, Snacks, etc.

NO TEAM CAMPS ON THE TURF (Keep it open for warm up & clerk area)

THROWING CIRCLES ACROSS THE STREET FROM THE TRACK IN THE THROWING COMPLEX ON ARMORY DR.

NO FOOD etc. on the TURF

BUS DROP OFF ON ARMORY DRIVE

BUS PARKING ON NORTH SIDE OF PROCTOR HS (Near Tennis Courts)

CALL YOUR DRIVER FOR PICK UP WHEN YOU ARE ABOUT TO DEPART STADIUM AT THE CONCLUSION OF THE MEET

PLEASE CONTACT: Jerry Tine (Meet Director) to confirm your intention to compete (email / text / call)