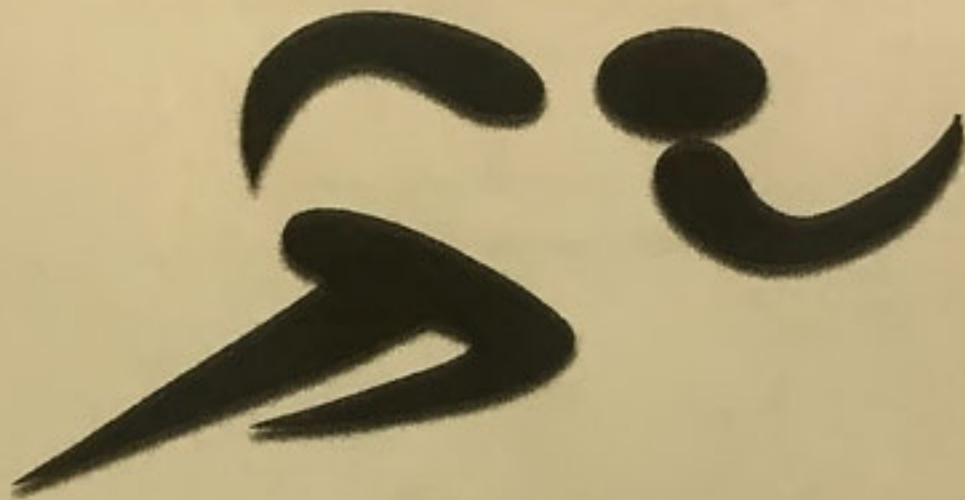


Cook - DeStefano

Co-Ed

Track & Field Invitational

The 101st Meet in Utica



@

D'Alessandro Stadium
PROCTOR HIGH SCHOOL

UTICA, NY

" SINCE 1920 "

FRIDAY APRIL 21, 2023

4:00 PM

UTICA CITY SCHOOL DISTRICT

Lou Cook & Peter DeStefano
Co – Ed Track and Field Invitational
@ Proctor High School, Utica, NY
Friday April 21, 2023
3:45 PM

- Entry Fee: \$250 for combined Boys and 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 & Field Coach
jtine@uticaschools.org
(315) 723 – 2478
- Rules: National Federation & NYSPHSAA
- Scoring: 10 – 8 – 6 – 4 – 2 – 1
- Awards: Medals for 1st – 2nd – 3rd & Ribbons for 4th – 5th – 6th Place
- Team Awards: Team Plaque for 1st – 2nd – 3rd Place Teams (Boys & Girls)
- Special Awards: Pole Vault Champion / Pentathlon / 1500m. / 1600m. / Team Relay Champion (Most Points Scored)
- Spikes: 1/4 Inch Pyramid Only
- Bathrooms: Available on Site at the Stadium
- Locker Rooms: Not Available
- Proctor HS: No Access
- Starting Blocks: Bring your own
- Online Entries: Mile Split NY by Wednesday 4 / 19 / 23 @ 10:00 PM
- Timing Company: Leone Timing
- Coaches Meeting: 3:30 PM
- Concession Stand: Available / Limited Until Gone – Drinks / Water / Snacks, etc.
- Meet T-Shirts: A limited amount will be available at the concession stand
- TURF: No Food on the Turf / Clean up your area

THROWING CIRCLES ACROSS THE STREET FROM THE TRACK IN THE THROWING COMPLEX ON ARMORY DRIVE

BUS DROP OFF ON ARMORY DRIVE (Walk Up the Driveway to the Track)

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

CALL YOUR DRIVER FOR PICK UP ON ARMORY DRIVE WHEN YOU ARE ABOUT TO DEPART THE STADIUM

PLEASE CONTACT **JERRY TINE** (Meet Director) to confirm your intention to compete (Call / Text / email)

UTICA CITY SCHOOL DISTRICT

Lou Cook & Peter DeStefano
Co – Ed Track and Field Invitational
@ Proctor High School, Utica, NY
Friday April 21, 2023
3:45 PM

Entries:

Boys & Girls Co-Ed Track and Field Invitational
Pentathlon & Throwing Events Begin @ 3:45 PM
Pole Vault Begins @ 4:00 PM (2 Pits if Needed)
Jumping Events to Follow the Pentathlon (2 HJ Pits / 2 LJ & TJ Pits)
Relays Begin @ 4:00 PM
2 Individuals Per Event
(If you have a 3rd Athlete who can meet the Class "A" Sectional Qualifying Standards, contact Jerry Tine for entry)
1 Relay Team per School
1 Competitor in the Pentathlon per gender (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 – 800 / 1500

Opening Heights: Boys PV 8'0" & HJ 5'0" // Girls PV = 6'6" & HJ = 4'2"

Order of Events:

4 X 100m. Relay (Girls then Boys) [Grady Shealy & Will Smith Memorial Race]
4 X 800m. Relay (Girls then Boys)
4 X 400m. Relay (Girls then Boys) [Michael Felton Memorial Race]
2000m. Girls Steeplechase
3000m. Boys Steeplechase
100m. Pentathlon Girls Hurdles
100m. Girls Hurdles
110m. Pentathlon Boys Hurdles
110m. Boys Hurdles
100m. Dash (G – B)
1500m. Girls
1600m. Boys [Fran D'Allesandro & Andy Baidisow Memorial Race]
400m. Dash (G – B)
400m. Hurdles (G – B) [Mychal Harris Memorial Race]
800m. Run (G – B)
200m. Run (G – B)
3000m. Girls
3200m. Boys
800m. Girls Pentathlon
1500m. Boys Pentathlon

Field Events:

Boys Discus (1st) – Girls to Follow (3 Throws) – No Finals
Girls Shot Put (1st) – Boys to Follow (3 Throws) – No Finals
Long Jump Will Follow the Pentathlon Long Jump (3 Jumps in the LJ & TJ – No Finals)
Triple Jump to Follow LJ (Girls Pit – Facing School / Boys Pit – Facing Stadium)
High Jump to Follow Pentathlon HJ
Pole Vault (if 2 Pits Needed – Boys Pit Facing Stadium and Girls Pit Facing the School)