

2019 ALBRIGHT TRACK & FIELD INVITATIONAL
April 20, 2019

The Albany Academy is hosting a **BOYS ONLY** meet on the Robison Track on Saturday, April 20, 2019. This is the 34th year for the meet in honor of Irving “Whiz” Albright, class of 1961. It is a meet that usually draws between 12-15 schools and is most often completed by 2:00 P.M.

SCHEDULE

8:00 arrival	8:45 coaches’ meeting
8:15 cards due	9:00 meet begins (preliminary running events, shot put, pole vault, high jump, long jump)

Order of Events

Preliminaries

1. Unseeded 3200 (if needed)
2. 110 High Hurdles – trials
3. 100 Dash – trials
4. 110 High Hurdles – semis
5. 100 dash Semis
6. Unseeded 1600 (if needed)
7. 200 Dash (trials)
8. 200 Dash (semis)

30 minute break before finals

Finals

1. 4x800 Relay
2. 110 High Hurdles
3. 100 Dash
4. Sean French 1600 Run
5. 4x100 Relay (sections)
6. 400 Dash
7. 400 Int. Hurdles
8. 800 Run (sections)
9. 200 Dash
10. 3200 Run
11. 4x400 Relay (sections)

Shot Put, Discus Throw, Long Jump, and Triple Jump – three attempts; top seven competitors to finals; three final attempts

High Jump – starting height 5’0”

Pole Vault – starting height 8’0”

You will be allowed **TWO WILD CARD ENTRIES** in individual events (not relays).

Please put all LEGIBLE entries on white 4x6 inch index cards.

There will be awards for outstanding track and outstanding field event performers chosen by the meet officials.

Team trophies awarded to the meet champions and the runner-up.

Any questions or problems, please contact Zach Nelson at the Albany Academy (518) 429-2300, ext. 444 or at home (518) 669-8215. Email is nelsonz@albanyacademies.org

Please detach and send to

Paul Gallucci

Athletic Director

Albany Academy

135 Academy Road

Albany NY 12208

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We will attend the 2019 Albright Invitational on Saturday, April 20, 2019. Entry fee is \$125.00.

Name of school _____

Coach's name _____

Phone number _____

Email _____