

BALLSTON SPA INVITATIONAL 2020

SATURDAY MAY 9, 2020

BALLSTON SPA HIGH SCHOOL

9:00 FIELD 9:30 TRACK

All communications should be sent to Glenn Wolin finish99@live.com

Meet Director: Garry Preece

Entry Procedure: You must enter on NY.MileSplit by Thursday,
May 7 at 10:00 PM.

Timing by: Finish Right Timing

Live Results: finishright.com

Entry Guidelines: You are allowed 4 entries per individual events
and 2 teams in each of the relays, **only 3 entries can score in EACH
EVENT.**

ENTRY FEE

ENTRY FEE IS \$ 250 PER SCHOOL
ENTRY FEE IS \$ 175 PER SCHOOL SINGLE SEX
ENTRY FEE IS \$ 20 PER INDIVIDUAL ENTRY PER EVENT
ENTRY FEE IS \$ 20 PER RELAY

EVENT ORDER: 9:00 FIELD 9:30 TRACK

100	METER HURDLES (SEMI)	GIRLS	TOP 12 TIMES
110	METER HURDLES (SEMI)	BOYS	TOP 12 TIMES
100	METER DASH (SEMI)	GIRLS	TOP 12 TIMES
100	METER DASH (SEMI)	BOYS	TOP 12 TIMES
3000	METER RUN	GIRLS	
3200	METER RUN	BOYS	
4X800	METER RELAY	GIRLS	
4X800	METER RELAY	BOYS	
110	METER HURDLES (FINAL)	BOYS	2 HEAT FINAL
100	METER HURDLES (FINAL)	GIRLS	2 HEAT FINAL
100	METER DASH (FINAL)	GIRLS	2 HEAT FINAL
100	METER DASH (FINAL)	BOYS	2 HEAT FINAL
1500	METER RUN	GIRLS	
1600	METER RUN	BOYS	
4X100	METER RELAY	GIRLS	
4X100	METER RELAY	BOYS	
400	METER DASH	GIRLS	
400	METER DASH	BOYS	
400	METER HURDLES	GIRLS	
400	METER HURDLES	BOYS	
800	METER RUN	GIRLS	
800	METER RUN	BOYS	
200	METER DASH	GIRLS	
200	METER DASH	BOYS	
4X400	METER RELAY	GIRLS	
4X400	METER RELAY	BOYS	

GIRLS SHOT PUT THEN BOYS SHOT PUT FLIGHTS

BOYS DISCUS THEN GIRLS DISCUS FLIGHTS

JAVELIN OPEN PIT TILL 2:00

GIRLS LONG JUMP OPEN PIT 9:00-11:30

BOYS LONG JUMP OPEN PIT 12:30- 3:00

BOYS TRIPLE JUMP OPEN PIT 9:00-11:30

GIRLS TRIPLE JUMP OPEN PIT 12:30- 3:00

GIRLS POLE VAULT FOLLOWED BY BOYS POLE VAULT

BOYS HIGH JUMP FOLLOWED BY GIRLS HIGH JUMP

LONG JUMP BOARDS ARE 8' AND 12'

HIGH JUMP GIRLS	3'6	UP BY 3"	TILL 5'	THEN BY 1"
HIGH JUMP BOYS	4'	UP BY 3"	TILL 6'	THEN BY 1"
POLE VAULT GIRLS	6'	UP BY 6"	TILL 9'	THEN BY 3"
POLE VAULT BOYS	7'	UP BY 6"	TILL 10'	THEN BY 3"

1. Teams must set up their "camps" on the adjacent Field area of the track and stay out of the competition area unless competing. All athletes should (MUST) be AWARE of their surroundings at all times.
2. Coaches: PLEASE POLICE YOUR TEAM AREA BEFORE YOU LEAVE!
3. All Section 2, NYPHSAA and National Federation Rules apply.
4. Everyone must supply their own batons.
5. All results will live at Liveresults.finishright.com
6. Scoring will be 10-8-6-4-2-1 (6 places)
7. Awards: Top 6 in all individual events get medals
Top 6 relay teams get medals
First Place team
Most Outstanding Male and Female Based on Scored Points
8. Implement Weigh in will begin at 8:00, behind the Concession Stand
9. Both Boys and Girls Javelins will be available for use
10. COI Naming Ballston Spa need to be emailed to gpreece@bscsd.org

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ENTRY FORM

SCHOOL _____

BOY'S COACH _____

CELL PHONE # _____

EMAIL _____

GIRL'S COACH _____

CELL PHONE # _____

EMAIL _____

COED TEAM 250 _____ SINGLE SEX TEAM 175 _____

INDIVIDUAL ENTRIES X 20 _____ RELAYS X 20 _____

MAKE CHECK PAYABLE TO:

PARENTS OF SCOTTIES CROSS COUNTRY AND TRACK

MAIL ENTRY FORM AND CHECK TO

BALLSTON SPA HIGH SCHOOL

ATTN: GARRY PREECE

220 BALLSTON AVENUE

BALLSTON SPA, NY 12020