

Cato-Meridian Track & Field

Modified Invitational

When: Saturday May 30th, 2020

Where: Cato-Meridian High School

Start Time: 12:00 PM

Open to: All schools; Modified athletes grades 7-8.

Entry fee: \$75 per school. Commitment to meet needed by Friday May 22nd.

Payable to: Please make checks/vouchers payable to Cato-Meridian Varsity Club

Entries: 2 athletes per event. 1 relay per team. All entries are done online through ny.milesplit.com

Entries due by: Tuesday 5/26

Scoring: Invitational scoring of 10-8-6-4-2-1

Concessions: Concession stand will be open.

Prizes: 20 "Team Champion" t-shirts will be presented to both the winning boys and girls teams.

Order of Events: All events will be boys then girls except 3000 m (combined based on entries) and high jump.

Running Events

55 m Hurdles

200 m

1500 m

100 m

400 m

200 m Hurdles

800 m

3000 m*

4x200 m relay

4x100 m relay

4x400 m relay

Field Events

12:00 start

Long Jump

High Jump (girls)

Shot Put

Followed by

Triple Jump

Discus

High Jump (boys)

*From NYSPHSAA and Section 3 rules:

"3. A student may enter a maximum of 3 events per day; no more than two (2) track events or two (2) field events per day. If a student is participating in two (2) running events, the total distance may not exceed ... 2300 meters for outdoor track (total distance refers to specific events, not total distance of heats)." Therefore, any athlete entered in the 3000 m run may not participate in another running event.

Contact info.:

Coach - Ryan Ellis rellis@catomeridian.org

Athletic Director - Dave Scholl dscholl@catomeridian.org