

Cato-Meridian Track & Field

Modified Invitational

When: Tuesday May 29th, 2018

Where: Cato-Meridian High School

Start Time: 4:00 PM

Open to: Any class C or D school. Limit of 20 schools.

Entry fee: \$75 per school. Commitment to meet needed by Friday May 11th.

Entries: 2 athletes per event. 1 relay per team. No athletes will be added to events after the meet has started. Complete entry form and send to rellis@catomeridian.org by Friday May 25th.

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

Concessions: Concession stand will be open.

T-Shirts: T-shirts will be available for purchase.

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 high jump and 3000 m (combined).

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

4:00 PM start

Long Jump

High Jump

Shot Put

Followed by

Triple Jump

Discus

*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.:

Girls Modified Coach - Ryan Ellis ryellis@catomeridian.org

Athletic Director - Dave School dscholl@catomeridian.org

Print out and complete this form. Scan and return via email to rellis@catomeridian.org

School name: _____

Boys

Event	Athlete Name	Seed
100 m		
200 m		
400 m		
800 m		
1500 m		
3000 m		
55 m H		
200 m H		
4x100 relay		

4x200 relay		
4x400 relay		
Long Jump		
Triple Jump		
High Jump		
Shot Put		
Triple Jump		

Girls

Event	Athlete Name	Seed
100 m		
200 m		
400 m		
800 m		
1500 m		
3000 m		
55 m H		
200 m H		
4x100 relay		
4x200 relay		

4x400 relay		
Long Jump		
Triple Jump		
High Jump		
Shot Put		
Triple Jump		