

2026
LOU COOK
&
PETER DESTEFANO

MEMORIAL

104th
CO-ED TRACK & FIELD
INVITATIONAL

PROCTOR HS
UTICA, NY

FRIDAY APRIL 17TH
3:30 PM

@ D'Alessandro Stadium
"Since 1920"

UTICA CITY SCHOOL DISTRICT

Lou Cook & Peter DeStefano
Co – Ed Track and Field Invitational
@ Proctor High School, Utica, NY
Friday April 17, 2026
3:30 PM

Entries:

Boys & Girls Co-Ed Track and Field Invitational
Pentathlon & Throwing Events Begin @ 3:30 PM (One Discus Cage / Two Shot Put Circles)
Pole Vault Begins @ 4:00 PM (2 Pits if Needed – Depending upon the number of entries)
Jumping Events to Follow the Pentathlon (2 HJ Pits / 2 LJ & TJ Sand Pits)
Relays Begin @ 4:00 PM
2 Individuals Per Event
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 = 6'0" & HJ = 4'2" (Bar will not be held over 10 Minutes)
Progressions: Pole Vault (Boys = 8-0 / 8-6 / 9-0 then by 6" // Girls = 6-0 / 6-6 / 7-0 then by 6")
High Jump (Boys = 5-0 / 5-2 by 2" to 6-0 then by 1" / Girls = 4-2 / 4-4 by 2" to 5-0 then by 1")

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 [Frank D'Allesandro & Andy Baldisow 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 (Pentathlon Shot Put will work in when available)

Long Jump will begin after the Pentathlon (3 Jumps in the LJ & TJ – No Finals)
Triple Jump to Follow the LJ (Girls Pit – Facing Stadium / Boys Pit – Facing the School)

High Jump to Follow Pentathlon HJ (there are 2 HJ Pits / Boys closest to the School / Girls closest to the bleachers)
Pole Vault (if 2 Pits Needed – Boys Pit Facing Bleachers and Girls Pit Facing the School)

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- Entry Fee: \$300 for combined Boys and Girls Teams (\$175 for a single team) & \$25 for a single athlete
- Teams: Meet is limited to 16 Teams (Please contact **Jerry Tine** (meet director) with your intent to compete)
- 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 Place Winners ONLY in each event
- Team Awards: Team Plaque for 1st – 2nd – 3rd Place Teams (Boys & Girls)
- Special Awards: Pole Vault Champion / Pentathlon / 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 / 16 / 25 @ 10:00 PM
- Timing Company: Leone Timing
- Coaches Meeting: 3:15 PM
- Concession Stand: Available / Limited Until Gone – Drinks / Water / Snacks, etc.
- Food Truck(s): Will be available on site
- Meet T-Shirts: A limited amount will be available at the concession stand (\$20)
- Turf: **No Team Camps on the Turf** (For Warm Up, Clerking & Timing) / No Food on the Turf
- Entry Fee: Free for All Track and Field Enthusiasts
- Spectators: **NO** Spectators allowed within the throwing facility or on the track / turf at any time!

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 CAMPUS OF MVCC (Top of the Hill – Above the Track [Off of Loop Rd. from Tilden Ave)
CALL YOUR DRIVER FOR PICK UP WHEN YOU ARE ABOUT TO DEPART THE STADIUM

PLEASE CONTACT: **JERRY TINE** (Meet Director) to confirm your intention to compete (Call / Text / email) ASAP!
(315-723-2478 // jtine@uticaschools.org)