



# 5<sup>th</sup> annual Depew Wildcat Pentathlon and Steeplechase Meet



Thursday, May 9<sup>th</sup> 2019 @ 5:00PM

The Constantino Athletic Complex at Depew High School provides an 8 lane all-weather track with 2 high jump pits, 2 long jump pits, and 2 shot circles.

Coaches meeting will be held at **4:45 PM**, followed by the start of the Girls Hurdles at **5:00 PM**. Girls followed by Boys Steeplechase on the track following the conclusion of the pentathlon hurdles.

**Entries:** Steeplechase (unlimited) / *pentathlon will be capped at 30 entries per gender.*

**Entry Fee:** \$25 per athlete for pentathlon, \$15 per athlete for steeplechase.

Payment is due by **Thursday, May 2<sup>nd</sup>**. All checks and vouchers should be made payable to **Depew Union Free School District**.

- Submit seeding's by Tuesday May 7<sup>th</sup> at 8:00 PM
- All entries are to be submitted on-line at <http://ny.milesplit.com>
- New coaches see the website for instructions on how to "claim" your team and register
- If you have questions contact coach McElligott at [coachjustinmcelligott@gmail.com](mailto:coachjustinmcelligott@gmail.com) (716) 343-0490 or coach Blake at [my-buddybert@roadrunner.com](mailto:my-buddybert@roadrunner.com) (716) 908-4378.

SCHOOL \_\_\_\_\_ WILL participate in the Wildcat Pentathlon and Steeplechase Meet.

# of BOYS Pent athletes	_____ x	\$25= _____	Total \$ enclosed
# of BOYS Steeplechasers	_____ x	\$15= _____	_____
# of GIRLS Pent athletes	_____ x	\$25= _____	
# of GIRLS Steeplechasers	_____ x	\$15= _____	

COACH NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Mail Entry Form by May 2<sup>nd</sup>, 2019 to:

Depew Union Free School District  
 c/o Mr. Brian Wilson  
 Athletic Coordinator  
 Depew High School  
 5201 S. Transit Rd.  
 Depew, NY, 14043

# Depew Wildcat Pentathlon and Steeplechase Meet

## SCHEDULE of EVENTS

**4:45 P.M. Coaches Meeting**

**5:00 P.M. Girls 100 Meter Hurdles  
Boys 110 Meter Hurdles**

**5:30 P.M. Girls 2000 Meter Steeplechase  
Boys 3000 Meter Steeplechase**

Pentathlon order of events following the 100/110 Hurdles:

GIRLS

**High Jump** *(Increments of 5cm)*

**Shot Put**

**Long Jump**

**800 Meter Run**

BOYS

**Shot Put**

**Long Jump**

**High Jump** *(Increments of 5cm)*

**1500 Meter Run**

- ❖ Pentathlon events will progress in **15 minute** increments
- ❖ Order of final track event may vary due to number of competitors

❖ NYS PHAA Rule 3-8 states:

***An athlete who does not commence to start any of the events in the Pentathlon shall be considered to have abandoned the competition, and shall not be permitted to participate in any subsequent event or be included in the final placement in results or in any team scoring.***