

Harrison Twilight Qualifier

Timed by Fulton Accurate Timing

Date: Thursday, May 21st **Time: Field Events @5pm / Track Events @6pm**

- Location: Harrison High School, 255 Union Avenue, Harrison, NY 10605
- Purpose: Provide athletes an opportunity to meet NYS Standards prior to their Class Meets and Qualifier.
- Rules: Schools may enter up to 3 individuals and 1 relay per event.
- Cost: 10 dollars per individual event and 20 dollars per relay -OR- 300 dollar blanket fee per school.
- Please make check/PO to: Harrison High School
- Send to: C/O Dominic Zanot

Harrison High School
255 Union Ave
Harrison NY 10528

Order of Track: Track events begin at 6pm.

All events are a timed final. *Fastest seeds will run in the last heat.*

100m, 100H, 110H and 200m will run with the wind.

Track, 6pm Start-Boys followed by Girls

1. 3200m Run (Maximum of 2 heats)
2. 3000m Run (Maximum of 2 heats)
3. 110 High Hurdles
4. 100m Hurdles
5. 100m Dash
6. 800m Run
7. 400m Dash
8. 1600m Run
9. 1500m Run
10. 400m Intermediate Hurdles
11. 200m Dash
12. 4x800 Relay
13. 4x100 Relay
14. 4x400 Relay

Order of Field: Field events begin at 5pm.

Long Jump: 1 hour open pit, boys and girls, Triple Jump to follow: same format as LJ

Boys Discus followed by Girls Discus

Boys Shot Put followed by Girls Shot Put

Girls High Jump followed by Boys High Jump

Boys Pole Vault followed by Girls Pole Vault

Horizontal Jumps and Throws will receive 4 attempts without a final