



Indian River Girls Track Invitational

Friday, April 28, 2017



Start time 5:00 pm Coaches Meeting at 4:45 pm

Running Events 3 entries per team (all running events will be time finals).

Relay 1 entry per team.

Field Events 2 entries per team.

- Entries will be on www.ny.milesplit.com
- Cost is \$100 - Leone Timing will be timing the event.
- Awards 1st through 8th place and 1st and 2nd place team.

Indian River has a eight lane all weather track. 3/16 inch spikes or shorter can be used.
A concession stand will be open and T-shirts will be on sale.

All races are timed finals

Order of Events

2000 Meter Steeplechase

100 High Hurdles

100 Meter Dash

1500 Meter Run

4x100

800 Meter Run

400 Meter dash

400 Low Hurdles

International Sprint Medley Relay (100,200,300,400) Non Scoring

4x800 Relay

200 Meter Dash

JV 1500 Meter Run Non Scoring

3000 Meter Run

4x400 Relay

Field Events 4 attempts

Discus

Long Jump

High Jump

Pole Vault

Shot (after discus)

Triple Jump (after long jump)

Email (robertkuba@ircsd.org) or mail (Jay Brown Athletic Director - **See address below) the following information to register by **April 14th, 2017.**

School:

Coach Name:

Coach's Cell Phone:

Coach's Email:

Send vouchers or payment to:

Indian River High School

% Jay Brown Athletic Director

32925 US Route 11

Philadelphia, NY 13673

Contact information Call Bob Kuba at 315-767-5065 or email robertkuba@ircsd.org

Team drop off will be by east track entrance by the Middle School.