

ONEIDA CO-ED INVITATIONAL

SITE: Oneida High School

DATE: Friday, May 15th, 2020

Leon Timing will be timing this year's meet. This meet will be password protected on milesplit.com. The password will be distributed closer to the meet, please make sure to send an email to register for the meet. We will be running the Steeple Chase in place of the 1600m and 1500m

Registration:

Registration for the meet will be done through email only. Let me know if the boys, girls or both teams are planning to attend. If you do not respond to Adam Litwak I will not know who to send the password to. alitwak@oneidacsd.org

TIME: 3:30 Coaches meeting and scratches
3:45 Field events begin
3:45 running events begin

MEET

DIRECTOR: Adam Litwak

ENTRY FEE: \$225 for a co-ed team
\$125 for a single (boy's or girl's) team

Make vouchers payable to the **Oneida All-Sports Boosters Club**

Return Voucher to: **Adam Litwak
Oneida High School
560 Seneca St.
Oneida, NY 13421**

AWARDS: Ribbons (1st - 6th) ; Trophy Boy's & Girl's Pentathlete

COACH'S RESPONSIBILITIES:

- **Email me that you are planning to attend / Voucher on time.**

QUESTIONS? Contact: Adam Litwak fax# : 366-0619
work : 363-6901 home : 280 – 4421
cell – 315 – 813 - 1596
email: alitwak@oneidacsd.org

ENTRIES: **Running and field events** - 2 boys and/or 2 girls per school per event.
Pentathlon - 1 boy and/or 1 girl per school.
Relays - 1 boy's and/or 1 girl's team per school per relay.
Four event maximum per athlete. (except pentathletes)

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ORDER OF EVENTS

RUNNING EVENTS

100H	Pent G
100H	G Finals
110HH	Pent B
110HH	B Finals
Steeple Chase	B/G final
400	B/G final
100	B/G final
800	B/G final
400 H	B/G final
3200 / 3000	B/G final
200	B/G final
4 x 800	B/G final
4 x 100	B/G final
1500 / 800	B/G pen
4 x 400	B/G final

FIELD EVENTS

Boy's shot put followed by Girl's
Girl's discus followed by Boy's

Girl's Pentathlon high jump then
Girl's high jump (Starting height 4')

Boy's Pentathlon high jump then
Boy's high jump (Starting Height 5'4")
Girl's long jump followed by Boy's
Boy's triple jump followed by Girl's
Girl's pole vault (Starting Height 7')
followed by Boy's (Starting Height 9')

PENTATHLON ORDER

100H / 110 H
High jump
Shot put
Long jump
1500 / 800

* Pole Vaulters must be able to safely attempt the opening height.

* The pentathlon 800/1500 will be placed when needed if they finish early.

Field Event Standards:

Girl's Shot Put	28'	Boy's Shot Put	38'
Girl's Discus	80'	Boy's Discus	100'
Girl's Pole Vault	7'	Boys' Pole Vault	9'6
Girl's High Jump	4'	Boy's High Jump	5'4"
Girl's Long Jump	13'6"	Boy's Long Jump	17'6"
Girl's Triple Jump	29'	Boy's Triple Jump	37'

4 Throws and 4 Jumps