

ONEIDA CO-ED INVITATIONAL

SITE: Oneida High School

DATE: Friday, May 12th, 2017

Pat Leone Timing will be timing. This meet will be password protected on milesplit.com. The password will be distributed closer to the meet.

Registration:

Registration will be done through email only. Let me know if the boys, girls or both teams are planning to attend.

For the speed of the meet we will be trying to keep the meet at 20 teams for each gender. Last year we turned teams away so please let us know as soon as possible.

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

MEET

DIRECTORS: Adam Litwak and Brian Mroczek

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
Team Trophies Boys and Girls

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 - 886 - 1963
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
100	B/G trials
3200 / 3000	B/G final
100	B/G semi
400	B/G final
100	B/G final
800	B/G final
400 H	B/G final
1600 / 1500	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 should be able to safely make 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
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