

# 2017 Tonawanda Warrior Invitational & Pentathlon

Welcome to our reborn invitational! We're looking to use our updated facility to help athletes get the times, marks, and jumps they want - especially those steeplechasers and pentathletes, who can have a hard time finding opportunities to compete.



**Date:** Saturday, May 6th, 2017

**Time:** 10:00 A.M. Arrive by 9:00 for warm ups.

**Location:** Tonawanda High School  
600 Fletcher Street  
Tonawanda, NY 14150

**Entry Fee:** \$100 per gender, or \$175 for both boys and girls. If you wish to only enter a few events, it is \$10 per individual entry, and \$25 per relay. If you are only entering an athlete in the Pentathlon, it is \$20 per individual. Checks can be mailed to address above.

- Checks Payable to: THS Track Booster Club

**Entries:** Please email William Chesebro ([wchesebro@sjci.com](mailto:wchesebro@sjci.com)) by April 21st, 2017 regarding interest for team(s) or individuals. All entries should be emailed to [wchesebro@sjci.com](mailto:wchesebro@sjci.com) by Wednesday, May 3rd by 3:00 P.M. Entries will be emailed out by Friday, May 5th, at 9:00 A.M. Any corrections should be submitted by 5:00 P.M. that afternoon. An entry form will be sent out upon receiving interest.

- Entries are limited to the first 12 teams  
2 athletes per event, 1 relay team per school  
Individuals are limited to 4 events, as per NYS rules.

**Facility:** 8 Lane all-weather 400m track with steeple pool, High Jump, Long Jump, Triple Jump (separate pits), Pole Vault. All are all-weather surfaces. Shot and disc concrete pads.

**Timing:** Hand Timing using Western New York Track Officials

**Awards:** Scoring 10-8-6-4-2-1. Medals will be given to top 3 athletes in each event, and 4-6 will receive ribbons. Only top 3 team relays will receive awards. Top two teams in each gender will receive trophies.

**Concessions:** Concession stand will be open for the duration of the meet. T-Shirts will be available.

**Order of Events:** (all events run G/B)

Steeplechase  
Pent 100H  
100H  
Pent 110H  
110H  
4x800  
100  
1500  
1600  
400  
400H  
800  
200  
3000  
PENT 800  
3200  
PENT 1500  
4x400  
4x100

**Field Events:**

*All athletes allowed 3 jumps/throws*

Long Jump: 10:00 - B & G Open pit

Triple Jump: 12:00 - B & G Open pit

High Jump: Boys, girls pent, girls, boys pent

Pole Vault: Girls then Boys

Shot Put: Boys, boys pent, girls, girls pent

Disc: Girls then Boys

Girls Pent: 100H/HJ/SP/LJ/800

Boys Pent: 110H/SP/LJ/HJ/1500