

Second Annual Ed Wadas CO-ED INVITATIONAL

SITE: Whitesboro High School
DATE: Friday, April 28, 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. Concessions and T-shirts will be available. T-shirts will be \$10.

Registration:

Registration will be done through email only. Please let one of the coaches know if the boys, girls or both teams are planning to attend.

TIME: 3:15 Coaches meeting and scratches
3:30 Field events begin
3:45 Running events begin

MEET DIRECTORS: Brian Holtslag and Michael Carney

ENTRY FEE: \$200 for a co-ed team
\$125 for a single (boy's or girl's) team
\$20 for single entry

Return Voucher to:

Please make checks or vouchers payable to:

Mail to:

**Whitesboro Central School
Whitesboro Athletic Office
Whitesboro Senior High School
6000 State Route 291
Marcy, NY 13403**

AWARDS: Ribbons (1st - 6th)

Team Plaques Boy's, Girl's, & Combined Champion

COACH'S RESPONSIBILITIES:

- Contact one of the coaches below, if you are planning to attend by April 1st, 2017
- Each school may be asked to provide one adult to help run one field event (boys or girls).

QUESTIONS?

Contact: Brian Holtslag
work : 361-8414
home/cell : 725-9205
email: bjhha@msn.com

Michael Carney
cell: 292-2992
email: mcarney@wboro.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)

** Pole Vaulters should be able to safely make the opening height.

ORDER OF EVENTS

RUNNING EVENTS

100H Pent G
100H G finals
110HH Pent B
110HH B finals
100 B/G SEMI
400 B/G final
100 B/G final
3200 / 3000 B/G final
800 B/G final
400H B/G final
1600 / 1500 B/G final
200 B/G final
3000/2000 Steeple B/G final
4 x 800 B/G final
4 x 100 B/G final
4 x 400 B/G final
(Pent 1500/800 will be inserted)

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 (4' Starting)

Boys Pentathlon High Jump then
Boys High Jump (5' Starting)

Girl's long jump followed by Triple Jump
Boy's long jump followed by Triple Jump
Girl's pole vault (5' 6" Starting)
followed by Boy's (7' Starting)

PENTATHLON ORDER

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

Notes

- There will be 2 high jump pits.
- There will be 2 runways, long jump will run on both pits then triple jump.
- Jumpers will get 3 jumps and then finals. Throwers will get 3 throwers and then finals. Top 7 go to finals.
- Please **DO NOT** bring chalk or tape for the runways or high jump apron. Markers will be provided for you athletes. They will receive their markers upon checking in at the event.