

# “Fast Times”

## @ Corning Painted Post High School



Coaches,

I would like to invite you to the 13th annual “Fast Times Invite” The date is Friday, May 10<sup>th</sup> start time at 4:30pm (rain date of Saturday May 11<sup>th</sup>). The meet will be held at Corning Memorial Stadium.

The entry fee for the meet is \$275 per school (both boys and girls teams) or \$175 per gender. \$15 per individual up to 10 athletes. Please make payment to “Corning Painted Post Running Club” 2871 Downing St. Big Flats, NY 14814

We will be using Milesplit for entries. Entries will be due on Wednesday, May 8<sup>th</sup> at 8:00pm.

Teams may enter two athletes per event. You may enter more than two athletes in events if all athletes entered have hit the event standards listed on page three below. For example if you have 5 boy pole vaulters at 10’6” or higher you may enter all 5 boys in the meet. Standards must have been hit in the 2023-24 Indoor or 2024 Outdoor Seasons

Special awards given to all individual and relay event winners, and ribbons will be awarded to 2nd through 8th place finishers. Fast Times T-Shirts will be on sale as well.

Any other meet questions email [jmelanson@cpcpasd.com](mailto:jmelanson@cpcpasd.com)

**FAST TIMES INVITE**

100 meter Hurdles semi- G  
3000 meter Steeplechase-B  
2000 meter Steeplechase-G  
100 meter dash semi- G  
100 meter dash semi- B  
100 meter Hurdles finals- G, QUALIFIERS ONLY  
110 meter High Hurdles semi- B  
1500 Meter Race walk - G  
1500 meter run- G  
100 meter dash finals- G, QUALIFIERS ONLY  
100 meter dash finals- B, QUALIFIERS ONLY  
110 meter High Hurdles finals- B, QUALIFIERS ONLY  
1600 meter run- B  
400 meter run- G  
400 meter run- B  
400 meter hurdles G-  
400 meter hurdles B-  
800 meter run- G  
800 meter run- B  
3000 meter run- G  
3200 meter run- B  
200 finals- G, FINALS ONLY  
200 finals- B, FINALS ONLY  
3200 meter RELAY- G  
3200 meter RELAY- B  
400 meter RELAY G-  
400 meter RELAY B-  
Weightman's Relay G-  
Weightman's Relay B-  
1600 meter RELAY G-  
1600 meter RELAY B-

Boys HJ- then girls-  
Boys LJ- then TJ-  
Girls LJ- then TJ-  
Girls SP- then Discus-  
Boys Discus- then SP-  
Pole Vault Girls- then boys

Multiple Entry Standards:

Event	Girls Standard	Boys Standard
100m Dash	13.7/13.94	11.7/11.94
200m Dash	28.5/28.74	24.5/24.74
400m Dash	1:05.9/1:06.14	55.5/55.74
800m Run	2:38.9/2:39.14	2:10.9/2:11.14
1500/1600m Run	5:35.9/5:36.14	4:59.9/5:00.14
3000/3200m Run	12:09.9/12:10.14	10:59.9/11:00.14
Steeple Chase	9:19.9/9:20.14	11:59.9/12:00.14
100/110m Hurdles	18.9/19.14	17.9/18.14
400m Hurdles	1:17.9/1:18.14	1:06.9/1:07.14
Shot Put	28'0"	39'6"
Discus	80'0"	110'0"
High Jump	4'6"	5'6"
Triple Jump	29'6"	37'6"
Long Jump	14'6"	18'0"
Pole Vault	7'6"	10'6"
1500M Racewalk	No Limit	