

Tully CO-ED



Spring Break Knight Lite Invite

LOCATION: Tully High School Track

DATE & START TIME: Monday April 14th 4:00pm Coaches Meeting 3:45 in the infield

FACILITY: We have a 400 Meter, 6 Lane All Weather Surface Track with separate long and triple Jumping Areas And a separate Shot Put And Discus Area

COST: \$250 per school, \$150 for only boys or girls. \$15 per athlete (5 max)

Checks payable to: Tully Boys Running Club c/o Jim Paccia

Tully Central School 20 State st. Tully NY 13159

ENTRY: **We are accepting the 1st - 15 teams into our meet. Please e-mail, call or text Jim Paccia jpaccia@gmail.com 315 439-3147 with your name, school name, e-mail, participating team(s), the respective coach(es) name and all contact information if you would like to get into the meet.**

Entries Online @ NY.milesplit.com will be password protected. I will share the password with those teams accepted by April 10th Event entries are due by Saturday April 12th 12:00 pm

All Athletes Will Be Allowed To Compete In Four Events

Two Entries Per School For Individual Events

One Relay Team Per School

AWARDS: Awarded To Both Boys And Girls 1st place & 2nd place team

T-shirts for 1st place in each event Ribbons for 1st-6th

¼" Spikes will be allowed

A full Concession stand will be available

Invitational T-Shirts Available To Purchase Day Of Event

Order Of Events Coaches Meeting at 3:45pm

- 1.) 100M HURDLES (G) FINAL
- 2.) 110M HURDLES (B) FINAL
- 3.) 1600M RELAY (G,B) FINAL
- 4.) 3000M (G) FINAL
- 5.) 3200M (B) FINAL
- 6.) 400M (G,B) FINAL
- 7.) 1500M (G) FINAL
- 8.) 1600M (B) FINAL
- 9.) 2 x 2 CO-ED 1200 meter Relay 4,2,2,4 **** Girls for the 1st two legs to Boys , 3rd and last
- 10.) 400M HURDLES (G, B) TIMED FINAL
- 14.) 100M DASH (G,B) FINAL
- 15.) 800M (G,B) FINAL
- 16.) 200M (G,B) FINAL
- 17.) WEIGHTLADIES 4 X 100 RELAY (Only Shot Or Discus Girls who competed that day)
- 18.) WEIGHTMEN 4 X 100 RELAY (Only Shot Or Discus Boys who competed that day)
- 19.) 3200M RELAY (G,B) FINAL
- 20.) 400M RELAY (G,B) FINAL

Open Pit 1-1/2 hours for field events

High jump & Pole vault compete as normal

SHOT (G,B) 4:00-5:45 5:45-7:30 * **Please tell your throwers that they will have 1 hour 45 minutes to complete throws**

DISCUS (B,G) 4:00-5:45 5:45-7:30 * **It is an open pit for 1-1/2 hours if they miss it, it's on them**

LONG JUMP (Girls south runway Boys North runway) 4:00-5:45 **Same**

TRIPLE JUMP (Girls South runway, Boys North runway) 5:45-7:30

HIGH JUMP (G,B)-- (G) – START AT 3'10" BY 2" TO COMPLETION) –(B) START AT 4'10" BY 2" TO COMPLETION

POLE VAULT (G,B) POLE VAULT (G) – STARTS AT 6' BY 6" TO COMPLETION (B) – STARTS AT 7' 6" BY 6" TO COMPLETION

TRIPLE JUMP, LONG JUMP, SHOT, DISCUS – 3 JUMPS/THROWS PER ENTRANT (No Final)

HIGH JUMP (B) – START AT 4'10" BY 2" (G) – START AT 3'10" BY 2" TO COMPLETION