

**Friday Night Lights**  
**Girls Track & Field Invitational**  
**Hosted by the Tully Girls Varsity Track Team**

**Date:** Friday April 20th, 2018

**Time:** 4:30 P.M. Field Events and Pent hurdles (4:10 P.M. -1<sup>st</sup> call)

4:45 - Novice SMR

5:00 - Varsity DMR

**Site:** Tully High School

Rt. 80

Tully, NY 13159

**Athletes:** This is a girls' only meet

**FAT Timing** - leone timing

**Register at** : [ny.milesplit.com](http://ny.milesplit.com), entries close at 10 pm on Wed. April 18<sup>th</sup>.

**Facility:** The track has 8 lanes on the straight away, and 6 lanes for 400 meters. The all-weather facility has 2 excellent throwing areas, along with 2 separate jumping runways, and separate areas for the high jump and pole vault. Spikes will be permitted!!

**Format:** Each school is limited to two entries in each Varsity event, including relays. One entry is allowed in the pentathlon. An athlete may compete in four events. Unlimited entries in the Novice Events. Do not put Varsity athletes in the novice events. They are for non-Varsity athletes only. (We will try and have novice shot put, discus and long jump if time permits)

**Entries:**

- 1) Send entries to [Onlinetiming.com](http://Onlinetiming.com) by Wednesday April 18<sup>th</sup>, by 10 PM.
- 2) If you plan on attending please email, Michelle Franklin-Rauber no later than Friday April 13<sup>th</sup>. **If you do not respond you will not receive any meet updates.**

[mrauber@k12.tullyschools.org](mailto:mrauber@k12.tullyschools.org)

Phone: 607-749-5959(cell)

315-696-6213(school)

**Scoring** - No team scores will be kept.

**Awards**: Places 1 - 3 will receive medals in both the relay and individual events, places 4 - 8 will receive ribbons.

**Fees**: An entry fee of \$140.00 per team, or \$10.00 per athlete, should be sent to the  
meet director made payable to:

Tully Girls Cross Country  
c/o Michelle Franklin-Rauber  
22 State street  
Tully, NY 13159

**Added information**: There will be an excellent concession stand with T-shirts and other merchandise for sale.

**Questions**: Contact Michelle Franklin-Rauber  
School phone 315-696-6213  
Cell phone - 607-749-5959

[mrauber@k12.tullyschools.org](mailto:mrauber@k12.tullyschools.org)

## **Order of Events**

**4:30 P.M. Start - first call 4:10 P.M \*\*** we will start all field events at 4:30 along with the pentathlon hurdles, so have your athletes ready, we will not hold for them.

**\*\*** Coaches please have your 100 hurdlers and sprinters report to their field events and not wait until after the DMR, it was put there to allow athletes to get some of their field event attempts completed before they run. If your athlete misses their flight, because they waited until after the sprints to begin, they will not be allowed to jump or throw.

- 1) Pentathlon Hurdles - 4:30 PM**
- 2) Novice SMR (800,400,200,200) - 4:45 PM**
- 3) Distance medley relay (1200,400,800,1600)- 5:00 PM**
- 4) 100 Meter Hurdles (finals)**
- 5) 100 meter (finals)**
- 6) Novice 1500 meters**
- 7) Varsity 1500 meters**
- 8) 400 Meter Hurdles**
- 9) Varsity 200 meters**
- 10) Varsity 800 meters**
- 11) Varsity SMR (800,400,200,200)**
- 12) 400 meters**
- 13) 3000 meters**
- 14) 4 x 100 Meter Relay (finals)**
- 15) 4 x 800 Relay**
- 16) 4 x 400 Relay**
- 17) Pentathlon 800 meters**

**Field Events** - 4 attempts in the jumps and throws, no finals (flights will be seeded)

**\*\*** All field event athletes are to check in at their respective areas before the start of the meet and they will be advised to the flight they will be in.

**4:30 PM**

Pole Vault ( 5 alive) **starting height - 6'**

Pent high jump followed by open High Jump (5-alive) **Starting height 3'10"**

Long Jump ( higher seeds- south pit)

Triple jump ( lower seeds - north pit)

Shot put ( lower seeds) - then pent shot put

Discus ( higher seeds)

**\*\* pent long jump will be inserted when ready**

**When the above field events are finished:**

Discus ( lower seeds)

shot put (higher seeds, after pent.)

Long Jump ( lower seeds)

Triple Jump ( higher seeds)

**Pentathlon Order of Events:**

**100 Hurdles**

**High jump**

**shot put**

**long jump**

**800 meters**