



Indian River Co-Ed Track Invitational



Friday, May 6, 2022

Start time 5:00 pm Coaches Meeting at 4:45 pm

Steeplechase and Pentathlon

FAT timing

Running Events 2 entries per team

A coach can request a 3rd athlete to compete in a running event.

All running events will be timed finals.

Relays 1 entry per team.

Field Events 2 entries per team.

- Entries will be on ny.milesplit.com deadline is 11:00 pm 5/5/22
- Cost is \$100 for one team, \$200 for both teams
- Awards 1st through 8th place and 1st and 2nd place team.

Indian River has an eight lane all weather track. 1/4 inch spikes or shorter can be used.

Team drop off will be by east track entrance by the Middle School.

All races are timed finals. Girls are first except the 110/100 hurdles

Order of Events

Pentathlon Hurdles 100/110

100 High Hurdles 110/100 * boys first

2000/ 3000 Meter Steeplechase

100 Meter Dash

1500/1600 Meter Run

4x100

800 Meter Run

400 Meter dash

400 Low Hurdles

International Sprint Medley Relay (100,200,300,400) Non Scoring

4x800 Relay

200 Meter Dash

3000/3200 Meter Run

Pentathlon 800/1500 (if ready)

4x400 Relay

Field Events 4 attempts

Discus Girls first

Long Jump first then Triple Jump

High Jump Girls First

Pole Vault Girls First

Shot Boys First

Pentathlon Order

100/110 hurdles

High Jump

Shot Put

Long Jump

800/1500 run

Contact information Call Bob Kuba at 315-767-5065 or email robertkuba@ircsd.org

Email (robertkuba@ircsd.org) or mail (Kara Paluzzi Athletic Secretary - **See address below) the following information to register by **April 29th, 2022.**

School:

Coach Name:

Coach's Cell Phone:

Coach's Email:

Send vouchers or payment to:
Indian River High School
% Kara Paluzzi Athletic Secretary
32925 US Route 11
Philadelphia, NY 13673