

2023 Pioneer Track and Field Invitational

Date: Saturday May 6, 2023

Time: **11:30 coaches meeting**

Noon- JV events (Long jump, Shot Put, 100 M, 1500/1600 Meters) Begin

1PM Varsity events begin

THIS IS AN SAT DAY, BUT Pioneer is NOT offering the exam on-site!

Site: Pioneer High School
12145 County Line Road
Yorkshire, NY 14173

Meet Chairs and Contact Information:

Mary Doud- Girl's Coach
mdoud@pioneerschools.org
Cell Phone 716 912-1772
School Phone 492-9300 ext 1556

Jim Duprey- Boy's Coach
jduprey@pioneerschools.org
Cell Phone 716 998-1522
School Phone 716 492-9300 ext 1354

Entry Fee: \$150 per team or \$250 for both boys and girls. **Please make checks payable to the Panthers Track Club. Please send the registration money to Pioneer HS Athletic Dept C/O Jim Duprey 12145 County Line Rd. Yorkshire, NY 14173.**

Deadline: We are limiting the field to 12 schools for this invitational. Please RSVP to us via e-mail ASAP. We will take the first 12 teams to respond.

Entries: 2 entries per school per event in individual events
1 Relay per team
1 Pent athlete per team (1 boy, 1 girl per school)
Athletes may enter 4 events

This year we will be using MilesplitNY to enter athletes in their events. All events will be timed finals. There will be no trials or semis. On-line entries will begin Wednesday April 26 and end on Thursday May 4 at 8:00PM.

*** We will run JV events in the 100 Meters, 400 Meters, 1500/1600 meters, Long Jump, and Shot Put. There will also be a JV 4X400 relay (1 relay team per school) The JV events are open to any 7-10 grader. **JV participants CANNOT be in any varsity event during the competition. JV means any student in 7th-10th grade!** 2 JV participants per school per event. Ribbons will be awarded to the 1st-3rd place finishers in the JV events. We will award a first place JV team trophy for both boys and girls.

Track: The track is 8 lane all-weather. The field events are also all-weather, with the exception of the shot and discus which are concrete pads.

Spikes: 1/8" needles or pyramids

Scoring: Individual events and relays will be scored 10-8-6-4-2-1

Awards: First place will receive medals. Ribbons will be awarded for 2nd-6th place. Team trophies will be awarded for first and second place for boys and girls. There will also be a 1st place trophy for boys/girls JV team winners. We will also award a boys and girls MVP in both the track and field events.

Field Event Information:

Long Jump, Triple Jump, Shot Put, and Discus- 4 attempts, no finals! Long Jump and Triple Jump will be open pit boys and girls, 90 minutes.

We will run JV long jump for boys and girls at the start of the meet . 2 pits, 3 jumps. We want to finish the JV long jump within 30 minutes. Please have them prepared to get marks upon arrival!

We will also have boys and girls JV shot put start first, using 2 pits. We'd like to get done in 30-45 minutes.

Starting Heights:

Boys Pole Vault- start at 8', 6" intervals to 11', then 3" intervals until completion
Girls Pole Vault- start at 6', 6" intervals to 8', then 3" intervals until completion
Boys High jump- start at 5', 2" intervals to 5'10", then 1" intervals until completion
Girls High Jump- start at 4', 2" intervals to 4'8", then 1" intervals until completion

*all starting heights will be discussed at the coaches meeting

2023 Pioneer Invitational

Order of Events: Girls will participate first in all track events

Noon

JV 100 Meters

JV 1500/1600 Meters

1PM

100 Pent hurdles/ 100 hurdles (Girls)

110 pent hurdles/110 hurdles (Boys)

3200 Relay

100 Meters

1500/1600 Meters

400 Relay

JV 400 Meters

400 Meters

2000/3000 Steeplechase

400 IM

800 Meters

200 Meters

800/1500 Meters Pent

3000/3200 Meters

JV 1600 Relay

1600 Relay

Field Events:

*G/B Long Jump-open pit 4 jumps, **JV jump 1st at Noon**

*G/B Triple Jump-open pit 4 jumps

*Girls HJ-Boys HJ

*Girls PV-Boys PV

*Boys Shot/Girls Disc 4 throws each **JV throw 1st at Noon**, followed by
Boys Disc and Girls Shot

*Pent- girls HJ/Boys Shot

*Pent-LJ Boys/Girls