

# 2012 Northampton Last Chance Invitational

Northampton High School is hosting a boys and girls track and field meet on Friday evening, May 11th at 5PM at Northampton High School.

The meet is sanctioned by the MIAA for all member schools.

MIAA event limitations apply – 2 field/1 running or 2 running/1 field

**Entries are to be made online at TrackCentral.net. Any school without a TrackCentral account should contact Nate Kraft (nbkraft@gmail.com).**

**Deadline for entries is Wednesday, May 9th at 10PM**

Entry fee is \$10 per athlete and \$10 per relay or \$100 maximum per gender per team to cover officials and timing. Entry fees are non-refundable. If your team enters the meet you are responsible for payment for each entry, whether you compete or not.

Make checks payable to Northampton High School Track and Field. All payment is due no later than the day of the meet. Athletes will not be permitted to compete if payment is not received. There are no exceptions to this rule. Copies of PO's will be accepted if brought to the meet. Checks can be mailed prior to the meet to: Northampton Track and Field, 380 Elm Street, Northampton, MA 01060 but please be sure they are mailed in time to be received before May 11.

Admission fee for spectators is \$5 adults and \$3 students

Photo timing (FAT) will be used for all running events. Results will be posted on [www.coolrunning.com](http://www.coolrunning.com).

The concession stand will be open at the meet.

The meet will be run as a last chance qualifier for the championship meets. Please only enter those athletes who meet the qualifying standards on the next page.

Limit of 3 entries per field event per team – if you wish to enter more than 3 individuals in a field event, please contact Nate Kraft ([nbkraft@gmail.com](mailto:nbkraft@gmail.com)). Only 1 relay per team per event.

## ***Field events at 5PM 3 attempts in throws and horizontal jumps***

Javelin (G-B) (Javelin is a grass runway)  
Long Jump (B-G)  
Triple Jump (G-B)  
Shot Put (G-B)  
Discus (B-G)  
High jump (G-B)  
Pole Vault (G-B)

## ***Running events 6:30 girls then boys---***

All events are run as seeded finals--- best runners in last heat

6:30 PM      400 Hurdles  
              4x800 Relay  
              100/110 High Hurdles  
              100 Meters  
              1 Mile  
              4x100 Relay  
              400 Meters  
              800 Meters  
              200 Meters  
              2 Mile  
              4x400 Relay

Meet director Nate Kraft    202-997-2689 or 413-727-8778    [nbkraft@gmail.com](mailto:nbkraft@gmail.com)

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Qualifying standards for the Northampton Last Chance Invitational

	Boys	Girls
100	12.3	14.2
110 HH	18.3	19.0
200	25.5	29.6
400 IH	68.0	77.0
400	57.5	69.0
800	2:15.0	2:47.0
Mile	5:05.0	6:15.0
2 mile	11:20.0	13:30.0
Shot Put	39-0	26-6
Discus	107-0	75-0
Javelin	125-0	75-0
High Jump	5-4	4-4
Triple Jump	36-0	30-0
Long Jump	17-6	14-0
Pole vault	9-0	6-6

4 x 100    4 x 400    4 x 800 one per school

There will be minimum standards for field events. All athletes will have their first legal jump or throw measured. After the first legal attempt, only those jumps/throws exceeding the qualifying standard will be measured.

Opening heights in the high jump and pole vault will be one increment below qualifying height for this meet.

Enter online at [Trackcentral.net](http://Trackcentral.net)    Deadline 9 PM Wednesday, May 9