25th Annual

Weedsport Track & Field Invitational

Saturday, May 12th, 2012 10:00 A.M.

LOCATION: Weedsport High School Track

➤ 400 Meter, 6 Lane All Weather Surface (Track & Jumping Areas)

Cement Shot Put And Discus Area

COST: \$85.00 Per Team (Boys and Girls)

> Checks payable to:

Weedsport Warriors Booster Club

c/o Judy Appleby, PO Box 389, Weedsport, NY 13166

ENTRY: Submit Entries Online @ www.onlineentries.com between May 1 – May 11 (noon)

➤ All Athletes Will Be Allowed To Compete In Three Events

Two Entries Per School For Individual Events (Except The Novice Events)

One Relay Team Per School

SCORING: 10-8-6-4-2-1

AWARDS: Awarded To Both Boys And Girls

> Top Three Teams

Outstanding Track Athlete

Outstanding Field Athlete

First Place For Relay Events (400M, 1600M, 3200M, Sprint Medley)

DIRECTIONS: Visit http://www.weedsport.org/directions.cfm for specific location

NOTES:

Coaches Meeting at 9:15

➤ Shotput and Discus Weigh-in at 9:15

➤ Race Scored By Leone Timing

Limited Number Of Teams (Please Register To Secure Entry)

> Spikes Will Not Be Allowed

➤ Locker Rooms Available (Limited Due To The Number Of Teams)

Concessions: Food And Bererages

Invitational T-Shirts Available To Purchase Day Of Event

Please respond with a commitment email to carrj@weedsport.org listing your school name, participating team(s), the respective coach(es) name and all contact information.

For more information, please call the Weedsport Athletic Department at (315) 834-6652

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Order Of Events

TIMED FINAL

3200M (B)	FINAL
400M RELAY (B,G)	TRIALS
300M (G)	FINAL

 300M (G)
 FINAL

 110M HURDLES (B)
 TRIALS

 100M HURDLES (G)
 TRIALS

 100M DASH (B,G)
 TRIALS

 400M (B,G)
 FINAL

 1600M (B)
 FINAL

 1500M (G)
 FINAL

 SPRINT MEDLEY (B,G)
 FINAL

(400-200-200-800)

400M HURDLES (B.G)

110M HURDLES (B) FINAL 100M HURDLES (G) FINAL 100M DASH (B,G) FINAL

NOVICE 1600M (B) FINAL (**No Entrant Who Has Run Under 5:25**)

200M (B,G) TRIALS 800M (B,G) FINAL

NOVICE MILE (G) FINAL (No Entrant Who Has Run Under 6:00)

200M (B,G) FINAL

WEIGHTMEN 4 X 100 RELAY (Only Shot Or Discus Boys 180lbs. & Over)

(Non-Scoring – Scale At Clerking Area)

WEIGHTLADIES 4 X 100 RELAY (Only Shot Or Discus Girls)

(Non-Scoring)

3200M RELAY (B,G) FINAL 400M RELAY (B,G) FINAL 1600M RELAY (B,G) FINAL

SHOT (B,G)

LONG JUMP (B,G) TRIPLE JUMP (B,G) DISCUS (B,G)

HIGH JUMP (B,G) POLE VAULT (B,G)

NOVICE SHOT PUT (B,G) (After Scoring Events Are Completed)
NOVICE DISCUS (B,G) (After Scoring Events Are Completed)

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

POLE VAULT (G) – STARTS AT 5' BY 6" TO COMPLETION

TRIPLE JUMP, LONG JUMP, SHOT, DISCUS – 3 JUMPS/THROWS PER ENTRANT (No Final) HIGH JUMP (B) – START AT 5'0" BY 2" (G) – START AT 3'10" BY 2" TO COMPLETION

25th Annual Weedsport Track & Field Invitational

Weedsport Jr./Sr. High School Saturday, May 12, 2012 @ 10:00AM

Intent to Compete Form
School Name:
Boys / Girls (circle)
Coach's name/e-mail (boys):/
Coach's name/e-mail (girls):/
Coaches/Athletic Directors, You can fax this form or simply email your intent to compete to:
FAX#: 315-834-8693
Email: carrj@weedsport.org
Thank you, Jamie Carr
Janne Can