

## The Bensalem Invitational

When: Saturday, April 13, 2013, 10:00 AM.

Where: Bensalem High School Stadium

This is a BOYS ONLY meet. We will limit the meet to the first 20 schools.

Entry Fee: The entry fee will be \$125.00 per team. Checks should be made payable to "Bensalem Sports Association." All checks should be received by April 6, 2013.

Entry Process: All entries should be emailed to Mary Ellen Malloy at [sunrisexc@aol.com](mailto:sunrisexc@aol.com) no later than 10:00 PM on Thursday, April 11, 2013. Any changes can be made on the day of the meet until the start of the first race. Substitutions on relays will be permitted during the meet. Each school will be permitted three entries in the individual events and two relays. For one relay, a school will be permitted a third entry. It will be the relay of the school's choice. Please let me know of your intent to participate as soon as possible and approximately how many athletes you will be bringing to the meet.

Equipment: Spikes ¼" or less will be permitted on the track, jumping areas and vaulting areas. Shot put and discus circles are brushed concrete. Javelin runway is grass. Cleats or spikes are permitted for javelin.

Awards: Awards for first through fifth place.

Officials: Each school will be asked to volunteer one official for the meet.

Measuring: In order to help the meet move along, in the jumps and in the throws, there will be a minimum measurement. Each athlete will have the first attempt measured. After that, any attempt below the minimum will not be measured.

Long Jump – 17 feet

Triple Jump – 37 feet

Shot Put – 34 feet

Discus – 100 feet

Javelin – 110 feet

Starting Heights: 9'0" for pole vault; 5'2" for high jump.

Mail all checks to: Mary Ellen Malloy, 844 Strawberry Lane, Langhorne, PA 19047

Email: [sunrisexc@aol.com](mailto:sunrisexc@aol.com) Phone: 215-359-6199

Entry Form. Please type or print legibly.

100 Meters: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

200 Meters: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

400 Meters: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

800 Meters: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

1600 Meters: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

3200 Meters: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

110 Hurdles: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

300 Hurdles: \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

4 x 100 Relay \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

4 x 400 Relay \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

4 x 800 Relay \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

Distance Medley \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

Sprint Medley \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ Time \_\_\_\_\_

High Jump: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Triple Jump: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Long Jump: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Pole Vault: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Shot Put: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Discus: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Javelin: \_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

\_\_\_\_\_ Mark \_\_\_\_\_

Third Relay Event:

Event: \_\_\_\_\_ Names: \_\_\_\_\_ Mark \_\_\_\_\_

Schedule of Events:

9:30 AM	Coaches Meeting will be held at Finish Line
10:00 AM	Distance Medley Relay
	Long Jump
	High Jump
	Pole Vault
	Shot Put
10:20 AM	100 Meter Trials
10:40 AM	110 Hurdle Trials
11:00 AM	200 Meter Trials
11:20 AM	Sprint Medley (200, 100, 100, 400)
	Discus
11:40 AM	4 x 800 Relay
Noon	300 Hurdles
	Triple Jump
12:20 PM	100 Meter Finals
12:30 PM	1600 Meters
12:50 PM	400 Meters
	Javelin
1:10 PM	4 x 100 Relay
1:30 PM	110 Hurdle Finals
1:45 PM	800 Meters
2:00 PM	200 Meter Finals
2:10 PM	3200 Meters
2:40 PM	4 x 400 Relay