The Bensalem Invitational

When: Saturday, April 8, 2017, 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 $150.00 per team. Checks should be made payable to “Bensalem Sports Association.” All checks should be received by April 6, 2017.

Entry Process: All entries will be done on line at milesplit. Entry deadline will be April 7, 2017 at 9:59 PM. Any changes can be made on the day of the meet until the start of the first race. 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.

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.

This year we will be contesting three events just for freshman: 110 hurdles, 4 x 100 and 4 x 400.

Awards: Awards for first through fifth place.

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

Starting Heights: 8’0” 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

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

10:50 AM Freshman 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

1:20 PM Freshman 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

2:30 PM Freshman 4 x 400 Relay

2:40 PM 4 x 400 Relay

BENSALEM INVITATIONAL RECORDS

EVENT NAME SCHOOL MARK YEAR

100 Meters Renard Howell Neshaminy 10.76 2013

200 Meters David Gumino CR North 22.12 2015

400 Meters Qhyle Elijah Bensalem 49.53 2013

800 Meters Craig Gonzaga Archbishop Ryan 1:56.43 2011

1600 Meters Connor Harriman Pennsbury 4:18.79 2012

3200 Meters Casey Comber Hatboro Horsham 9:26.18 2015

110 Hurdles Anthony Bullaro Pennsbury 14.53 2013

300 Hurdles David Marrington Neshaminy 38.86 2014

4 x 100 Relay Pennsbury 42.92 2012

4 x 400 Relay CR North 3:24.84 2011

4 x 800 Relay Bensalem 7:59.19 2014

Sprint Medley Harry Truman 1:36.42 2013

Distance Medley Bensalem 10:32.92 2013

High Jump Ameer Banks Delsea Regional 6’8” 2015

Pole Vault Kyle Panzer Pencrest 13’0” 2011

Bob Perepciczka CR North 13’0” 2011

Bill Lee William Tennent 13’0” 2016

Long Jump Bobby Hill Harry Truman 21’3.25” 2014

Triple Jump D’Andre Pollard Neshaminy 44’2.5” 2015

Shot Put Keith Froggart William Tennent 50’3” 2012

Discus Eric Kasperowicz Holy Ghost 162’6” 2016

Javelin Shane McDevitt Cinnaminson 169’11” 2014

Freshman Events:

110 Hurdles Hassan Robbins Pennsbury 19.63 2015

4 x 100 Relay Neshaminy 46.10 2016

4 x 400 Relay CB West 3:44.12 2015