

2016 Tri-Valley Invitational

Your Team is invited to the 23rd Annual Tri-Valley Track and Field Invitational at the Tri-Valley School, on Saturday, April 16th, beginning at 10:00am. This is a great early season meet with unlimited entry in most events, except the HJ's and PV's –3 of Each F/S and Varsity.

The Meet will offer all Individual Events at the Varsity level, plus Frosh-Soph events. All events will count toward your Team Score which will be in two divisions. The top 36 entries will be seeded in the 100 and 200 with others participating, but not advancing. We will offer a Coaches 400 Relay, and will have a Girls and Boys 1500 Walk.

Entry Fee: \$290.00 Blanket Entry Fee or \$8.00 individual per event or \$25.00/ Relay. Please pay to: **Tri-Valley Running Fund**.

****This is an entry fee not a participation fee. If meet is held all are expected to pay fee.****

Scoring: 10-8-6-5-4-3-2-1- Div I 401 & up; Div II 400 & under grades 9-11

Awards: Top six in all events receive medals, Top 3 Teams, and an outstanding Girl and Boy track athlete, as well as field athlete of the Meet.

Entry: Return the back sheet with claim form ASAP. Day of meet turn in 3X5 Card for ALL events entered. Each School may have unlimited entries including relays—although only 1 relay will score, but still received awards. EXCEPT HJ'S & PV'S (3 of EACH!!!)
** 1st throws and jumps will be measured. The BEST will Throw & Jump 1st.

Events offered at the Meet:

Track

100
200
400 F/S, V
800 F, S, V
1500/1600 F/S, V
3000/3200
2000 steeplechase
400 Hurdles
G&B 1500 Walk (NS)

Relays

400 Relay F/S,V
Throwers 400 Relay (NS)
1600 Relay F/S, V
300/330 Shuttle Hurdles
3200 Relay

Field

Shot Put V, F/S
Discus F/S, V
Hammer
Javelin
Long Jump F/S, V
High Jump F/S, V
Triple Jump
Pole Vault F/S, V

Tri Valley Invitational Order of Events

10:00 Girl Then Boy

1500 Walk Girls & Boys (non scoring)

300/330 Shuttle Hurdles

3000/3200 Run

100 Semis

800 Fr, So, V (3 separate races)

100 Final

400 Dash Fr/So, V (2 separate races)

3200 Relay

200 Semis

2000 Steeplechase

200 Final

400 Hurdle

1500/1600 Run Fr/So, V (2 separate races)

400 Relay

1600 Relay Fr/So, V (2 separate races)

400 Throwers Relay (non scoring)

3:30 Coaches 400 Relay

In all Field Events we will try to throw/jump the best FIRST!

10:00 Field Events:

B Hammer (Best Last)	then	G	Hammer
B Discus (Best 1 st)	then	G	Discus
G Shot Put	then	B	Shot Put
G Javelin (off Grass)	then	B	Javelin (off Grass)
G Long Jump F/S, V	then	G	Triple Jump
B Long Jump F/S, V	then	B	Triple Jump
B High Jump F/S, V	then	G	High Jump F/S, V
B Pole Vault F/S, V	then	G	Pole Vault F/S, V

B & G F/S Shot Put to follow Varsity Shot Put.

B & G F/S Discus to follow Varsity Discus.

If Interested Please Return with Claim Form

To: Joe Manaseri
Tri-Valley School
34 Moore Hill Road
Grahamsville New York 12740
845-985-2296 (press 0 for operator)
josephmanaseri@trivalleycsd.org
Please pay to: Tri-Valley Running Fund

Name of School: _____

Girls Coach: _____

Cell Phone# _____

Home Phone# _____

Boys Coach: _____

Cell Phone# _____

Home Phone# _____

Blanket Entry Yes or No

of Individuals _____

of Relays _____