

Tri-Valley Modified Track Invitational

TO: SCHOOLS INTERESTED IN 24th ANNUAL TRI-VALLEY 7TH AND 8TH GRADE OUTDOOR TRACK AND FIELD INVITATIONAL.

FROM: Nick Mancuso 985-2296 (press 0 for operator)

WHEN: TRI-VALLEY SCHOOL, Monday, MAY 7, 2018 @ 4:00 PM

ENTRY: UNLIMITED PER EVENT, STANDARD WILL BE ESTABLISHED WITH AT LEAST ONE MARK RECORDED. FOLLOW ALL MODIFIED RULES, 2 RUNNING EVENTS NOT TO EXCEED 2400 METERS, AND 1 FIELD OR 2 FIELD AND 1 RUNNING. **AN INDEX CARD SYSTEM WILL BE USED. PLEASE FILL OUT AHEAD OF TIME THE NAME, SCHOOL, EVENT AND SEED TIME ON A 3 X 5 INDEX CARD PINNED TO THE ATHLETE FOR ALL EVENTS!!**

FEE: \$65.00 GIRLS - \$65.00 BOYS OR \$120.00 FOR BOTH.
PAY TO TRI-VALLEY RUNNING FUND.

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

AWARDS: MEDALS TOP THREE, RIBBONS 4TH THRU 6TH PLACE. No Team Scores.

ORDER OF EVENTS:

** 6th and Under 800 Run before meet starts.

55 HIGH HURDLES

100 DASH

1500/1600 RUN

400 RELAY

400 DASH

800 RELAY

800 RUN

200 DASH

** SPRINT MEDLEY RELAY (400-200-100-100)

FIELD EVENTS

BLJ THEN BTJ

GLJ THEN GTJ

GSP THEN BSP

B DISC THEN G DISC

GHJ & BHJ (SIMULTANEOUS)

GPV & BPV(SIMULTANEOUS)

WE WILL TRY TO COMPLETE LONG JUMPS BEFORE STARTING RUNNING EVENTS.

PLEASE NOTIFY NICK MANCUSO IF YOU ARE COMPETING AND PLEASE SEND A CLAIM FORM AS SOON AS POSSIBLE.

Nick Mancuso

TRI-VALLEY SCHOOL

34 MOORE HILL ROAD

GRAHAMSVILLE, NEW YORK 12740

985-2296 (press 0 for operator)

nickmancuso@trivalleycsd.org

Tri-Valley Modified Track and Field Invitational

Standards

Athletes throwing shot-put and discuss will get three throws each.

Jumping Pit

2 lanes: 1 boy's lane and 1 girl's lane

High Jump

3'2" girls, 3'4", 3'6", 3'8", 3'10", 4'0 "then up 2" from there to 5' then up 1" from there

4'2" boys, 4'4", 4'6", 4'8", 4'10" then up 2" from there to 6' then up 1" from there

Pole Vault

Girls: 5', 5'6", 6' then up 6" from there

Boys: 6', 6'6", 7' then up 6" from there

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