

2023 Tri-Valley Modified Track Invitational

TO: SCHOOLS INTERESTED IN 27th ANNUAL TRI-VALLEY 7TH AND 8TH
GRADE OUTDOOR TRACK AND FIELD INVITATIONAL.

FROM: Jason Closs 985-2296 Ext 5304 jasoncloss@trivalleycsd.org

WHEN: TRI-VALLEY SCHOOL, Monday, MAY 8th, 2023 @ 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: CAST- 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:

55 HIGH HURDLES

100 DASH

1500 RUN

4x100 RELAY

400 DASH

200 High Hurdles

4x200 RELAY

800 RUN

200 DASH

* SMR(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)

POLE VAULT B 6' - G 5' start height

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

***PLEASE NOTIFY JASON CLOSS IF YOU ARE COMPETING AND PLEASE SEND A
CLAIM FORM AS SOON AS POSSIBLE.

TRI-VALLEY SCHOOL
34 MOORE HILL ROAD
GRAHAMSVILLE, NEW YORK 12740
985-2296 Ext 5304
jasoncloss@trivalleycsd.org

Tri-Valley Modified Track and Invitational

Standards

Athletes throwing shot-put and discus 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

ORDER OF EVENTS:

55 HIGH HURDLES

100 DASH

1500 RUN

4x100RELAY

400 DASH

200 High Hurdles

4x200 RELAY

800 RUN

200 DASH

* SMR(400-200-100-100)

FIELD EVENTS

BLJ THEN BTJ

GLJ THEN GT

GSP THEN BSP

B DISC THEN G DISC

GHJ & BHJ (SIMULTANEOUS)

GPV & BPV(SIMULTANEOUS)

POLE VAULT B 6' - G 5' start height



2023 Tri-Valley Modified Invitational

Please make payment to: **CAST- Running Fund**, and mail payment to:

Jason Closs
Tri-Valley School
34 Moore Hill Road
Grahamsville New York 12740
845-985-2296 (press 0 for operator)
jasoncloss@trivalleycsd.org

Name of School: _____

Girls Coach: _____

Cell Phone# _____

Boys Coach: _____

Cell Phone# _____

Entry Fee:

Girls Team _____

Boys Team _____

Total Payment: _____

