

# 35th Annual Weedsport Track & Field Invitational

**Date:** Friday May 10th, 2024  
**Place:** Weedsport Track and Field Facility  
**Time:** Meet starts promptly at 4:30. No Coaches meeting  
**Entries:** Athletes may compete in 3 events  
Only 1 relay team entry per event  
2 entries per school for individual events  
Please submit entries online to [NY MileSplit](#)  
**Entry Deadline is 8:00 P.M. Tuesday May 7th, 2024.** Only drops the day of the meet, no adds

**Entry Fee:** \$250 per school, \$150 for only boys or girls. \$15 per athlete (5 max)

Payment mailed by May 8th, 2024 to:  
Weedsport Sports Boosters  
c/o Robert Piascik  
2821 East Brutus Street  
Weedsport, New York 13166

[Weedsport Track Invite Invoice](#)

**Scoring:** 10-8-6-4-2-1

**Awards:** Ribbons to top 6 in each event. Top 3 teams trophy/plaque, Outstanding Track Athlete, Outstanding Field Athlete, Pie for the winning Weight Men/Women Relay

**Facilities:** 6-lane all-weather track  
2 horizontal jumping areas, high jump, and pole vault areas with all weather surface runways  
Shot put and discus area with concrete throwing areas  
Starting blocks will be provided. You may bring your own.

**Rules:** The track and runways will accommodate ¼ inch spikes but nothing larger will be permitted.

**No spikes allowed in the building.**

Coaches are asked to monitor and minimize the number of athletes on the field turf throughout the event. Only runners who are actively warming up, clerking in, or participating in an event should be on the track infield.

All results will be posted at [www.live.trackqua.com](http://www.live.trackqua.com) after the completion of the event.

Concessions are available as well as Invitational T-shirts to purchase the day of the event

Please email your intent to participate as soon as possible as spots fill up quickly!

Please include the email of your coach when you submit intent to participate.

Please contact Athletic Director Rob Piascik with any questions at [RPiascik@weedsport.org](mailto:RPiascik@weedsport.org) or (315) 834-8260.

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## Order of Events:

400M Hurdles (B, G)	Timed Final
3200M (B)	Final
400M Relay (B, G)	Trials
3000M (G)	Final
110M Hurdles (B)	Final
100M Hurdles (G)	Final
100M Dash (B, G)	Final
400M (B, G)	Final
1600M (B)	Final
1500M (G)	Final
Sprint Medley (B, G)	Final (400-200-200-800)
Novice 1600M (B)	Final (No entrant who has run under 5:25)
800M (B, G)	Final
Novice 1500M (G)	Final (No entrant who has run under 6:00)
200M (B, G)	Final
Weight Men 4 x 100 Relay	(Only shot or discus boys >180 lbs. scale at clerking area) (Non- scoring)
Weight Ladies 4 x 100 Relay	(Only shot or discus girls) (Non- scoring)
3200M Relay (B, G)	Final
400M Relay (B, G)	Final
1600M Relay (B, G)	Final

### Field Events:

Shot (B, G) - 3 throws per entrant (no final)  
Discus (G, B) - 3 throws per entrant (no final)  
Long Jump (B, G) - 3 jumps per entrant (no final)  
Triple Jump (G, B) - 3 jumps per entrant (no final)

High Jump (G, B) - (B)- Start at 5' by 2" (G)- Start at 4' by 2" to completion  
Pole Vault (B, G) - (B)- starts at 8' by 6" to completion (G)- starts at 6' by 6" to completion

Novice Shot Put (B, G)  
Novice Discus (G, B)