

CNY Higher, Farther, Faster Invitational

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Utica College's Hutton Sports and Recreation Center

Friday January 24th 2020

The inaugural CNY H,F,F Invitational Hosted By CNY Track and Field Academy will be held on Friday January 24th. The 8 Lane 200 meter Protrack Surface track at the Hutton Sports and Recreation center is the perfect location to establish sectional, state and National qualifying marks.

The meet will be limited entries, taking the Top 48 times and distances in each event, except for the 3000/3200m where we will take the top 24 times. All marks MUST be verified marks from the milesplit database. In throws and horizontal jumps competitors will receive 4 throws or Jumps. Minimum marks will be set once the entries are completed.

An accepted entries list will be posted 48 hours prior to competition. However, One relay team per school WILL be accepted. If you are in doubt that your athlete will make the cut of 48...do not hesitate to enter the relays!

All NYS championship events will be competed, in addition a SMR Relay will be run.

Entry Fee: \$125 per Gender per team, Schools entering both boys and girls teams will pay \$250. \$25 dollars for individual entries.

Checks should be made Payable to: ***CNY Track and Field Academy***

Mail To

Sam Catterson

Athletics - Track and Field

Utica College

1600 Burrstone Rd

Utica NY 13502

Eligibility: This meet is open to all athletes currently eligible for high school competition in NY State indoor track and field. Open athletes can not be entered into this meet. All New York State High School rules will be followed

Entry Procedure: Email Sam Catterson (Sdcatter@utica.edu) with your intent to compete by January 15th 2020. Entries via Milesplit. Password be given after intent to compete is completed

Scrathes: The meet is scratch only. Coaches can make scratches at the timing table, when they arrive at the meet.

Facilities: The Utica College Hutton Sports and Recreation Center is the ideal location for high level track meets. The facility contains an 8 Lane 200 meter track with maximum allowed turn radius. Two Long and Triple Jump pits, Two High Jump and Pole Vault areas, and Multiple throwing circles allow for expedient competition.

Spectators: \$5 for all adults, children under 18 are free

Questions: Contact Sam Catterson: Sdcatter@utica.edu

Order of Events

Coaches meeting 3:45

Track Events Start at 4:00

Field Events warm-ups 3:30 - 4:30. Field Events start at 4:30

4:00pm

B:Unseeded B 3200

G: Unseeded G 3200

B-3200

G- 3000

B- 55 Hurdle Prelims

G - 55 Hurdle Prelims

B- 55 Dash Prelims

G- 55 Dash Prelims

B- 1000m

G- 1000m

B-SMR

G- SMR

B - 300

G - 300

B - 1600

G- 1500

B- 55 Hurdle Final

G - 55 Hurdle Final

B - 55 Dash Final

G- 55 Dash Final

B - 600

G - 600

B- 4 x 200m

G- 4 x 200m

B- 4 x 800m

G- 4 x 800m

B - 4 x 400m

G - 4 x 400M