



**Guilderland Frigid Cup Invitational**  
Saturday, April 1st, 2023 at 10 am  
Guilderland High School

You are invited to join us for the Inaugural Guilderland Frigid Cup high school track invitational. We are excited to host this competitive invitational at our brand new track facility. Our goal is to provide a highly competitive, and fun, track and field experience that will give athletes a chance to put up some quality early season marks. Please consider joining us!!

- Please email Chris Scanlan to reserve your team's spot in the meet.  
[scanlanc@guilderlandschools.net](mailto:scanlanc@guilderlandschools.net)

**Date:** April 1st, 2023

**Time:** Events will start at 10 am, Coaches meeting at 9:45 am

**Location:** Guilderland High School

- Set up team camps on the grass fields outside the fence

**Athletes:** This meet is coed, and is for athletes in grade 7-12 who are part of their high schools track & field team. We will not have events for modified athletes at this meet. Middle school athletes must have passed the NYS APP in order to compete.

**Facility:** We have a brand new track & field facility at Guilderland and it's fast! The facility includes an 8 lane all weather track. All jumping pits are on the same side of the track so athletes will not have to run back and forth across the football field if they are in multiple jumping events. Plenty of space for team camps and warm-ups. Plenty of seating for spectators.

**Entries:** Each School is allowed 4 entries in each individual event, and 2 teams in each relay. **All entries must be done on MileSplit by Thursday, March 30th.** FAT timing will be provided by Underdog Timing. Scratches may be made up until 9:30 AM the day of the meet.

**Rules:** We will follow National Federation rules.

**Scoring:** 10-8-6-5-4-3-2-1

**Awards:** Medals to the top 8 in each event. Team trophies to the top 2 boys and girls teams.

- **“Frigid Four” Special Awards:** A plaque and shirts will be given to the four athletes who have the best combined marks in each of the following events.
  - **“Frigid Four Sprints”:** Four athletes, from the same team, who have the fastest combined time in the 200m dash will receive one plaque and 4 t-shirts
  - **“Frigid Four Distance”:** Four athletes, from the same team, who have the fastest combined time in the 1500/1600m run will receive one plaque and 4 t-shirts
  - **“Frigid Four Field”:** Four athletes, from the same team, who have the farthest combined distance in the Long Jump will receive one plaque and 4 t-shirts

**Entry Fee:** \$175 for a single gender school, \$300 for co-ed teams.

- Make checks payable to: Guilderland Central Schools
- Send checks to: Guilderland Central Schools Business Office  
8 School Road, PO Box 18  
Guilderland Center, NY 12085

**Meet Directors:** Please contact Chris Scanlan or Jason Usher with any questions.

- **Chris Scanlan:** [scanlanc@guilderlandschools.net](mailto:scanlanc@guilderlandschools.net)
- **Jason Usher:** [usherj@guilderlandschools.net](mailto:usherj@guilderlandschools.net)

### **Frigid Cup Order of Events**

#### **Track Events**

(All track events will be girls followed by boys)

(Heats will run slow to fast)

Distance Medley Relay

100m Hurdles

100m Dash

1500m/1600m Run

400m Dash

400m Hurdles

800m Run

200m Dash

3000m/3200m Run

4x100m Relay

4x800m Relay

4x400m Relay

## **Field Events**

Long Jump followed by Triple Jump  
(Girls on the pit closest to the turf field, Boys on the pit behind that)  
(3 attempts in trials, 9 to finals)

Girls Shot Put followed by Discus  
Boys Discus followed by Shot Put  
(3 attempts in trials, 9 to finals)

Girls High Jump Followed by Boys  
(Girls opening height 4", Boys opening height 4" 10")  
\*Bar will go up by 2"

Boys PV Followed by Girls  
(Girls opening height 5', Boys opening height 6')  
\*Bar will go up by 6"