

Hudson Invitational

Saturday May 11th @10am

Dear Coach,

Your school is invited to participate in the Hudson Invitational hosted by the Hudson City School District. The Hudson Invitational has a rich history and we are bringing it back. The Bluehawk Sports Complex was completed in the Fall of 2017 with a 8-lane all-weather track that includes steeplechase.

Entry Fee:

\$200 - Both Boys and Girls teams

\$100 - Boys or Girls team

\$10 - Per Individual athlete for Steeplechase if team is not competing (max of 2 per team)

The field may be limited to the first 12 boys teams and the first 12 girls teams that submit payment.

Entry deadline is Friday, May 3rd.

Liberty Sports Group will be providing F.A.T. timing and results.

Event registration will be on Milesplit.com. Entries will close Friday, May 10th at 11:00 PM. Entries will NOT be accepted beyond this date. **Only Division II schools (599 or less) may register.**

Each team will be allowed three entries per event and one relay team per relay unless otherwise specified. Each team must provide its own starting blocks, shot, discus, and relay batons.

Scoring will be 10-8-6-4-2-1. Top six in each event will receive ribbons. Top two teams will receive plaques. Plaques will also be awarded to Most Outstanding Track Performer and a Most Outstanding Field Performer.

There will be a concession stand provided by the Hudson Booster Club.

Make check/voucher payable to: **Hudson City School District Booster Club.** See attached entry form.

For questions, please email Jack Connor (johnconnor@homemail.com) or Andrew Ohrin (ohrina@hudsoncsd.org)

Entry Form

School: _____

Date: _____

Coaches contact information:

Boys Coach: _____

Girls Coach: _____

Phone #: _____

Phone #: _____

Email: _____

Email: _____

Teams entered (please circle):

Girls

Boys

Both

Individual Steeplechase (max of 2 per team):

Girls Number of runners: _____

Boys Number of runners: _____

Entry Fee:

\$200 - Both Boys and Girls teams

\$100 - Boys or Girls team

\$10 – Per Individual athlete for Steeplechase if team is not competing (max of 2 per team)

Make check/voucher payable to: **Hudson City School District Booster Club**

Send payment and entry form to:

Hudson Senior High School

Attn: Andrew Ohrin

215 Harry Howard Ave

Hudson, NY 12534

Entry deadline is Friday, May 3rd.

Order of Events

Coaches meeting at clerking area at 9:30am

Timed Finals - Heats will run Slow to Fast - Start at 10am

1. 2000 m Steeple G
2. 3000 m Steeple B
3. 100 m HH G
4. 110 m HH B
5. 3200 m Relay G
6. 3200 m Relay B
7. Freshman/Sophomore 4x4 Relay (non-scoring) G
8. Freshman/Sophomore 4x4 Relay (non-scoring) B
9. 100 m Dash G
10. 100 m Dash B
11. 1500 m Run G
12. 1600 m Run B
13. 400 m Relay G
14. 400 m Relay B
15. Freshman/Sophomore 4x1 (non-scoring and unlimited entries) G
16. Freshman/Sophomore 4x1 (non-scoring and unlimited entries) B
17. 400 m Dash G
18. 400 m Dash B
19. 400 m IH G
20. 400 m IH B
21. 800 m Run G
22. 800 m Run B
23. 200 m Dash G
24. 200 m Dash B
25. 3000 m Run G
26. 3200 m Run B
27. Freshman/Sophomore Sprint Medley 1-1-2-4 (non scoring) G
28. Freshman/Sophomore Sprint Medley 1-1-2-4 (non scoring) B
29. 1600 m Relay G
30. 1600 m Relay B

Field Events - Start at 10am

- **Flights for Throwers – followed by finals - Top 7**
 - Shot put - boys followed by girls
 - Discus - girls followed by boys
- **Flights for Long and Triple Jump - followed by finals - Top 7**
 - Triple – girls followed by boys (pit closest to steeplechase)
 - Long – boys followed by girls (pit closest to football field)
 - Athletes should get their steps before 10am.
- **Open pit for High Jump and Pole Vault - Girls first, then Boys**

Girls High Jump: Start @ 3'8 up by 3" until 4'6", then by 2"

Boys High Jump: Start @ 4'8 up by 3" until 5'6", then by 2"

Girls Pole Vault: Start @ 6'

Boys Pole Vault: Start @ 7'