

## ONEIDA CO-ED INVITATIONAL

**SITE:** Oneida High School

**DATE:** Friday, May 7<sup>th</sup> , 2010

Pat Leone's will be timing. This meet may be password protected on Pat's site. I will email this information out to you as we get closer to the meet.

### **Registration:**

Registration will be done through email only. Let me know if the boys, girls or both teams are planning to attend.

**For the speed of the meet we will be trying to keep the meet at 18 teams for each gender. Last year we turned teams away so please let us know as soon as possible.**

**TIME:** 3:30 Coaches meeting and scratches  
3:45 Field events begin  
3:45 running events begin

### **MEET**

**DIRECTORS:** Adam Litwak and Terry Yardley

**ENTRY FEE:** \$175 for a co-ed team  
\$100 for a single (boy's or girl's) team

Make vouchers payable to the **Oneida All-Sports Boosters Club**

Return Voucher to: **Adam Litwak  
Oneida High School  
560 Seneca St.  
Oneida, NY 13421**

**AWARDS:** Ribbons (1<sup>st</sup> - 6<sup>th</sup>) ; Trophy Boy's & Girl's Pentathlete  
Team Trophies Boy's, Girl's, & Combined Champion

### **COACH'S RESPONSIBILITIES:**

- **Email me that you are planning to attend / Voucher on time.**
- Each school may be asked to provide one adult to help run one field event (boys or girls).

**QUESTIONS?** Contact: Adam Litwak fax# : 366-0619  
work : 363-6901 home : 280 - 4421  
email: [alitwak@oneidacsd.org](mailto:alitwak@oneidacsd.org)

**ENTRIES:**            **Running and field events** - 2 boys and/or 2 girls per school per event.  
**Pentathlon** - 1 boy and/or 1 girl per school.  
**Relays** - 1 boy's and/or 1 girl's team per school per relay.  
**Four** event maximum per athlete. (except pentathletes)

\*\* Pole Vaulters should be able to safely make the opening height.

## ORDER OF EVENTS

### RUNNING EVENTS

100H / 110H	Pent G/B
110H / 100H	B/G trials
100	B/G trials
3200 / 3000	B/G final
100H / 110HH	G/B semi
100	B/G semi
400	B/G final
100H / 110H	B/G final
100	B/G final
800	B/G final
400 H	B/G final
200	B semi
200	G final
1600 / 1500	B/G final
200	B final
4 x 800	B/G final
4 x 100	B/G final
1500 / 800	B/G pen
4 x 400	B/G final

### FIELD EVENTS

Boy's shot put followed by Girl's  
 Girl's discus followed by Boy's  
 Girl's high jump (4')  
 Pentathlon high jump

Boy's high jump at 1<sup>st</sup> available pit(5'4")  
 Girl's long jump followed by Boy's  
 Boy's triple jump followed by Girl's  
 Girl's pole vault (7')  
 followed by Boy's(9')

### PENTATHLON ORDER

100H / 110 H  
 High jump  
 Shot put  
 Long jump  
 1500 / 800

### Field Event Standards:

Girl's Shot Put	28'	Boy's Shot Put	38'
Girl's Discus	80'	Boy's Discus	100'
Girl's Pole Vault	7'	Boys' Pole Vault	9'
Girl's High Jump	4'	Boy's High Jump	5'4"
Girl's Long Jump	13'6"	Boy's Long Jump	17'6"
Girl's Triple Jump	29'	Boy's Triple Jump	37'

### 4 Throws and 4 Jumps

