

ONEIDA CO-ED INVITATIONAL

SITE: Oneida High School

DATE: Friday, May 10th, 2019

Eric Weber will be timing. This meet will be password protected on milesplit.com. The password will be distributed closer to the meet. We have a resurfaced track with a Steeple Chase. See the order below. The only change from the past is that for time we will be running the Steeple Chase in place of the 3200m and 3000m.

Registration:

Registration for the meet will be done through email only. Let me know if the boys, girls or both teams are planning to attend. If you do not respond to Adam Litwak I will not know who to send the password to. alitwak@oneidacsd.org

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

MEET

DIRECTOR: Adam Litwak

ENTRY FEE: \$225 for a co-ed team
\$125 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 (1st - 6th) ; Trophy Boy's & Girl's Pentathlete
Team Trophies Boys and Girls

COACH'S RESPONSIBILITIES:

- **Email me that you are planning to attend / Voucher on time.**

QUESTIONS? Contact: Adam Litwak fax# : 366-0619
work : 363-6901 home : 280 - 4421
cell - 315 - 813 - 1596
email: 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)

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ORDER OF EVENTS

RUNNING EVENTS

| | |
|---------------|-----------|
| 100H | Pent G |
| 100H | G Finals |
| 110HH | Pent B |
| 110HH | B Finals |
| Steeple Chase | B/G final |
| 400 | B/G final |
| 100 | B/G final |
| 800 | B/G final |
| 400 H | B/G final |
| 1600 / 1500 | B/G final |
| 200 | B/G 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 Pentathlon high jump then
Girl's high jump (Starting height 4')

Boy's Pentathlon high jump then
Boy's high jump (Starting Height 5'4")
Girl's long jump followed by Boy's
Boy's triple jump followed by Girl's
Girl's pole vault (Starting Height 7')
followed by Boy's (Starting Height 9')

PENTATHLON ORDER

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

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

* The pentathlon 800/1500 will be placed when needed if they finish early.

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 | 9'6 |
| 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