

**1st Annual Shamrock Invitational
May 4th, 2019
Salmon River High School
Competition starts at 10am**

Where: Salmon River High School
637 County Route 1
Fort Covington, NY 12937

Scoring: Team scoring 10, 8, 6, 5, 4, 3, 2, 1

Team Awards: Trophies for the top two schools.

Individual awards: Medal for 1st place and ribbons for 2-8

Limited Edition Invitational T-shirts will be sold! Limited quantity, get yours before they sell out!

Concessions will be available

Entries: Please send all entries to jcoon@srk12.org by thursday May 2nd at 6pm. No additions will be made the day of the event. Only scratches and substitutions will be allowed.

Cost: \$90 for either a boys or girls teams, \$150 for both. If you are interested in running the open mile, the cost will be \$10 per entry.

Please send intent to register to Whitney Brockway at wbrockway@srk12.org

Checks made payable to: Salmon River Track And Field

Please send checks to: Whitney Brockway
637 County Route 1
Fort Covington, NY 12937

Order of Events

G. Pent 100
100 Hurdles
B Pent 110 Hurdles
110 Hurdles
4x800m
100m Prelims
1500/1600
4x100m
400m
100/110m Finals
"The Mainville Mile" 1600m Coaches/ Community Mile
100m Finals
400m Hurdles
800m
200m
G. Pent 800m
3000m
B. Pent 1500m
3200m
4x400m

Discus (B/G)
Shot Put (G/B)
HJ (G starting at 4', B starting at 4'4")
Triple Jump (G/B)
Long Jump (B/G)

Pentathlon (Order of field events subject to change based upon meet progression)

100/110 Hurdles
Girls High Jump /Boys Shot Put
Boys High Jump/ Girls Shot Put
Girls Long Jump/ Boys Long Jump
800m/1500m

Please limit 3 athletes per event. 1 team per relay.