

### 2010 Tri-Valley Invitational

Your Team is invited to the 18<sup>th</sup> Annual Tri-Valley Track and Field Invitational at the Tri-Valley School on Saturday April 17, 2010 at 10:00 AM. This is a great early season meet with unlimited entry in most events. (NOT in the HJ's and PV's. 3 Of Each F/S and Varsity)

The Meet will offer all Individual Events at the Varsity level, Plus Frosh -Soph events. All events will count toward your Team Score which will be in two divisions. The top 36 entries will be seeded in the 100 and 200 with others participating but not advancing. We offer a Coaches 400 Relay and will have a Girls and Boys 1600 Walk.

Entry Fee: \$290.00 Blanket Entry Fee or \$8.00 ind. per event or \$25.00/ Relay. Please pay to: Running Fund.

\*\*This is an entry fee not a participation fee. If meet is held all are expected to pay fee.\*\*

Scoring: 10-8-6-4-2-1- Div I 401 & up, Div II 400 & under 9-11

Awards: Top six in all events receive medals. Top 3 Teams.  
Girl and Boy Athlete of the Meet.

Entry: Return backsheet with claim form ASAP. Day of meet  
Turn in 3X5 Card for ALL events entered. Each School  
May have unlimited entry including relays.  
EXCEPT HJ'S & PV'S (3 of EACH!!!)  
\*\* 1<sup>st</sup> throws and jumps will be measured. The BEST  
will Throw & Jump 1<sup>st</sup>.

Events offered at the Meet:

Track	Relays	Field
100	400 Relay F/S,V	Shot Put V,F/S,
200	Throwers 400 Relay	Discus
400	1600 Relay F/S, V	Hammer
800 F, S, Var	300/330 Shuttles	Javelin
15/1600 F/S, Var	3200 Relay	Long Jump V,F/S
30/3200		High Jump F/S, V
2000 steeplechase		Triple Jump
400 Hurdles		Pole Vault F/S, V
G&B 1600 Walk (NS)		

## Tri Valley Invitational Order of Events

10:00 Girl Then Boy

1600 Walk Girls & Boys non scoring

300/330 Shuttle Hurdles

3000/3200 Run

100 Semis

800 Fr, So, V (3 separate races)

100 Final

400 Dash Fr/So, V (2 separate races)

3200 Relay

200 Semis

2000 Steeplechase

200 Final

400 Hurdle

1500/1600 Run Fr/So, V (2 separate races)

400 Relay

1600 Relay Fr/So, V (2 separate races)

400 Throwers Relay (non scoring)

3:30 Coaches 400 Relay

In all Field Events we will try to throw/jump the best FIRST!

10:00 Field Events:

B Hammer (Best Last)	then	G	Hammer
B Discus (Best 1 <sup>st</sup> )	then	G	Discus
G Shot Put	then	B	Shot Put
G Javelin (off Grass)	then	B	Javelin (off Grass)
G Long Jump F/S, V	then	G	Triple Jump
B Long Jump F/S, V	then	B	Triple Jump
B High Jump F/S, V	then	G	High Jump F/S, V
B Pole Vault F/S, V	then	G	Pole Vault F/S, V

B & G F/S Shot Put to Follow Varsity Shot Put.

If Interested Please Return With Claim Form

To: Joseph Iatauro  
Tri-Valley School  
34 Moore Hill Road  
Grahamsville New York 12740  
845-985-2296 x 5502 (Office)  
845-985-7300 (Home)

Name of School: \_\_\_\_\_

Girls Coach: \_\_\_\_\_

Home Phone# \_\_\_\_\_

Boys Coach: \_\_\_\_\_

Home Phone# \_\_\_\_\_

Blanket Entry      Yes    or    No

# of Individuals \_\_\_\_\_

# of Relays \_\_\_\_\_