

Tully Girls Track and Field Invitational
Saturday April 13th, 2019

Date: Saturday April 13th, 2019

Time: 2:00 PM Field Events and Pent Hurdles (1:45 - 1st call)

2:15 - Novice SMR

2:30 - Varsity DMR

Site: Tully High School Rt 80 Tully, NY 13159

Athletes: This is a girls' only meet

FAT: Leone timing

Register at: ny.milesplit.com Entries close at 10pm on Thurs. April 11th, 2019

Facility: The track has 8 lanes on the straight away, and 6 lanes for 400 meters. The all-weather facility has 2 excellent throwing areas, along with 2 separate jumping runways, and separate areas for high jump and pole vault. **Spikes are permitted!!**

Format: Each school is limited to 3 athletes in the Varsity events, and 2 relays. One entry is allowed in the pentathlon. An athlete may compete in four events. Unlimited entries in the Novice Events.

Entries:

- 1) Please email coach Michelle Franklin-Rauber with your intent to participate no later than Friday April 5th. **mrauber@k12.tullyschools.org**
- 2) Enter online at ny.milesplit.com by Thursday April 11th by 10 PM.

Awards: Places 1-3 will receive medals in both relay and individual events, places 4 - 8 will receive ribbons.

Fees: An entry fee of \$150.00 per team, or \$10.00 per athlete should be sent to
Tully Girls Cross Country
% Michelle Franklin-Rauber
22 State Street
Tully, NY 13159

**** In lieu of the entry fee if you bring one competent adult to work at a field event for the entire meet we will wave the entry fee. You need to let the meet director know by Friday April 5th if you intend to do this.**

Added Information: There will be a concession stand and T-shirts for sale along with other merchandise.

Questions: Contact Michelle Franklin-Rauber

School phone - 3156966213

Cell phone - 6077495959

mrauber@k12.tullyschools.org

Pentathlon order of events:

100 hurdles

High jump

Shot put

Long jump

800 meters

Order of events

2:00 PM Start - first call 1:45 PM (all field events and Pent hurdles)

- 1) Pent hurdles - 2:00 PM
- 2) Novice SMR (800,400,200,200) - 2:15 PM
- 3) DMR (1200,400,800,1600) - 2:30 PM
- 4) 100 hurdles (finals)
- 5) 100 meters (finals)
- 6) Novice 1500 meters
- 7) Varsity 1500 meters
- 8) Varsity 400 hurdles
- 9) Varsity 200 meters
- 10) Varsity 800 meters
- 11) Varsity SMR (800,400,200,200)
- 12) Novice 400 meters (waterfall start)
- 13) Varsity 400 meters
- 14) 4x100 meter relay (final)
- 15) 4 x 800 relay
- 16) 4 x 400 relay
- 17) Pentathlon 800 meters (or may be inserted when ready)

Field Events - 4 attempts in jumps and throws, no finals (flights will be seeded)

Pole vault starting height - 6' **(10 min rule will be enforced)**

Pent high jump followed by open high jump - starting height 3'10" **(10 min rule will be enforced)**

Long jump (higher seeds - south pit)

Long jump (lower seeds - south pit)

Shot put (lower seeds) - pent shot will be inserted if ready at the conclusion

Discus throw (higher seeds)

**** pent shot put and long jump will be inserted when ready**

When the above field events are finished:

Triple jump (high seeds - south pit and lower seeds - north pit)

Shot put (higher seeds)

Discus throw (lower seeds)