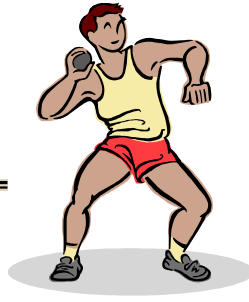
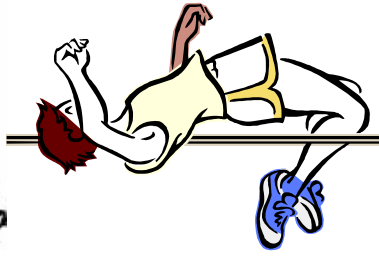


Does Your team like to Run, Jump,



& Throw Things

Tully C0-Ed Track & Field Invitational

Tully High School
Saturday April 10, 2010
2:00 p.m.



Dear Coach:

I would like to invite your track teams to the 1st Annual Tully co-ed Invitational that is going to be held in Tully, NY on Saturday, April 10, 2010 at 2:00pm. The coaches' meeting is at 1:30pm in room 191 off the new gym entrance. Entries are limited to three per event. Each athlete can enter four events. The meet will be hand timed, computer scored and copies of results will be available at the end of the meet. Entries will be handed in on 3 x 5 cards at the coaches meeting. Cards should be filled out according to the example below:

| | |
|-------|-----------|
| Event | school |
| Boys | |
| 400 | Tully |
| | athlete |
| | Ben |
| | Palladino |
| seed | |
| time | |
| 54.3 | |

¼" Spikes will be allowed on the track for this meet. A full concession stand and locker room facilities will be available to competitors and spectators at the meet. Tee shirts will also be available for purchase.

Please try to be as accurate as possible with seed times. (I know it's early but do your best)
Please e-mail or mail me your intention to participate form as soon as possible.

To:

Jim Paccia
Tully central school
p.o. Box 628
Tully, NY 15159

jpaccia@tullyschools.org

315-636-8633 cell 315 439-3147

Awards: Ribbons will be awarded to the top 6 place winners in each event. First place in each event will receive a t-shirt. First and second place teams will receive a trophy.

Please try to send a check or claim form to me before the day of the meet. Thank you and I look forward to seeing you at our meet.

Sincerely,

Jim Paccia

Boys Head Track Coach

Starting Heights:

Boys HJ: 4'8 Girls HJ: 3'8 Boys PV: 8' Girls PV: 6'

Entry Fee \$100 for Both teams \$75 for just boys or girls

Make checks out to: Tully Boys Cross Country Club

Send checks to: Jim Paccia, Tully central school, p.o. Box 628, Tully, NY 15159

Order of Events

Estimated

Start Time:

2:00 3200 M Relay G Final

2:30 3200 M Relay B Final

2:55 100 M Dash G Semi

3:05 100 M Dash B Semi

3:15 100 M Hurdles G Timed Final

3:25 110 M Hurdles B Timed Final

3:35 SMR (400,200,200,800) G Final

3:50 SMR (400,200,200,800) B Final

4:05 1500 M Run G Final

4:20 1600 M Run B Final

4:35 400 M Dash G Final – Timed Sections

4:45 400 M Dash B Final – Timed Sections

4:55 100 M Dash G Final

5:00 100 M Dash B Final

5:05 400 M Hurdles G Final – Timed Sections

5:15 400 M Hurdles B Final – Timed Sections

5:25 400 M Sledpull relay G (Runners #1 & #2 pull each other in a sled & runners

5:40 200 M Sledpull relay B hand the sled off to #3 & #4 who finish)

5:55 800 M Run G Final

6:05 800 M Run B Final

6:15 3000 M Run G Final

6:30 3200 M Run B Final

6:50 400 M Relay G Timed Final

6:55 400 M Relay B Timed Final

7:00 1600 M Relay G Final

7:15 1600 M Relay B Final

2:00 Boys Long Jump then Girls

2:00 Boys High Jump then Girls

2:00 Girls Discus then Boys Discus

2:30 Girls Pole Vault then Boys

2:00 Girls Triple Jump then Boys

2:00 Boys Shot Put then Girls

Intent to participate form
Please mail or e-mail or fax to

Jim Paccia
Tully central school
p.o. Box 628
Tully, NY 15159
jpaccia@tulyschools.org
Home- 315-636-8633 cell 315 439-3147
School- 315-696-6235 Fax 315 696-6237

Boys _____

School: _____

Coach's Name: _____

Coach's Phone Number: _____

Coach's email: _____

School Address: _____

Girl's _____

School: _____

Coach's Name: _____

Coach's Phone Number: _____

Coach's email: _____

School Address: _____