

Friday Night Lights
Girls Track & Field Invitational
Hosted by the Tully Girls Varsity Track Team

Date: Friday May 14th, 2010

Time: 5:00 P.M. Field Events and Running Events Begin

Site: Tully High School
Rt. 80
Tully, NY 13159

Athletes: This is a girls' only meet

FAT Timing : by LeoneTiming

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 the high jump and pole vault.

Spikes will be permitted!!

Format: Each school is limited to two entries in each open event, and 1 entry in the relay events. Two entries are allowed in the pentathlon. An athlete may compete in four events. Three entries are allowed in the Novice Events. Do not put Varsity athletes in the novice events. They are for non-Varsity athletes only.

Entries:

- 1) Send entries to Onlinetiming.com**
- 2) All intentions to compete sheets should be sent to the meet director, Michelle Franklin-Rauber at the following address:**

Michelle Franklin-Rauber
Tully Elementary School
PO Box 628
Tully, NY 13159

Or email them:
mrauber@tullyschools.org

Phone: 607-749-5959(home)
315-696-6213(school)
315-952-7807 (cell)

Scoring – No team scores will be kept.

Awards: Places 1 – 3 will receive medals in both the relay and individual events, places 4 – 8 will receive ribbons. 1st place in all events (including novice and relays) will receive t-shirts.

Fees: An entry fee of \$130.00 per team, or \$10.00 per athlete, should be sent to the meet director made payable to:

**Tully Girls Cross Country
c/o Michelle Franklin-Rauber
PO Box 628
Tully, NY 13159**

Added information: There will be an excellent concession stand and T-shirts will be for sale.

**Questions: Contact Michelle Franklin-Rauber
Home phone – 607-749-5959
mrauber@tullyschools.org**

Please Mail or email Michelle Franklin-Rauber with your intentions to attend the meet by Friday May 7th , 2010.

School:_____

Coach's Name:_____

Coach's Phone Number:_____

Coach's email:_____

School Address:_____

Order of Events

Order of Events

5:00 PM.

- 1) Pentathlon Hurdles**
- 2) 100 Meter Hurdles (semis)**
- 3) Varsity 4x800 relay**
- 4) 100 meter (semis)**
- 5) 400 Meter Hurdles**
- 6) 4 x 100 Meter Relay (semis)**
- 7) Novice 1500 meters**
- 8) 800 meters**
- 9) Novice 200 meters**
- 10) 400 meters**
- 11) Varsity 1500 meters**
- 12) 100 hurdle (finals)**
- 13) 100 meters (finals)**
- 14) Novice 4 x 800 relay**
- 15) Varsity 200 Meters**
- 16) 3000 meters**
- 17) 4 x 100 Meter Relay (finals)**
- 18) Distance Medley Relay (1200,400,800,1600)**
- 19) 4 x 400 Relay**
- 20) Pentathlon 800 meters**

Field Events – 4 attempts in the jumps and throws, no finals

5:00PM

Shot Put, Pole Vault, Long Jump

Novice Discus

When the above field events are finished:

Discus, High Jump, Triple Jump, Novice Shot Put

Pentathlon Order of Events:

100 Hurdles

high jump

shot put

long jump

800 meters