

Spring Break Thing
Girls Track & Field Invitational
Hosted by the Tully Girls Varsity Track Team

Date: Wednesday April 21st , 2010

Time: 11:00 A.M. Field Events and Running Events Begin

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

Athletes: This is a girls' only meet

NEW THIS YEAR: FAT timing by leonetiming.com

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 three entries in each open event, and two entries in the relay events. Two entries are allowed in the pentathlon. An athlete may compete in only three events. Do not put Varsity athletes in the novice events. They are for non-Varsity athletes only.

**** Please note there is a novice shot put and discus throw this year. You may put 3 girls in each event.**

Entries:

- 1) Enter athletes at onlinetiming.com. They must be entered on the site or they will not be able to compete in the meet.**
- 2) Send intentions to compete sheets to:**

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: Leontiming.com will be timing and scoring the meet. You need to enter your athletes at onlineentries.com. There will be no team scoring, as we know many teams will not be at full strength because of the vacation.

Awards: The 1st place finisher in each event, along with the winning relay teams, will receive t-shirts. Places 1 – 8 will receive ribbons.

Fees: An entry fee of \$120.00 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

Officials: Officials will be hired.

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 April 16, 2010.

School: _____

Coach's Name: _____

Coach's Phone Number: _____

Coach's email: _____

School Address: _____

Order of Events

11:00A.M.

- 1) Pentathlon Hurdles**
- 2) 100 Meter Hurdles (semis)**
- 3) 4x1600 relay**
- 4) 400 Meter Hurdles**
- 5) 800 Meters**
- 6) 100 Meter (semis)**
- 7) 3000 Meters**
- 8) 4 x 100 Meter Relay (semis)**
- 9) Sprint Medley Relay 800-400-200-200**
- 10) 100 Hurdle (finals)**
- 11) 100 Meter (finals)**
- 12) Novice 1500 Meters**
- 13) 400 Meters**
- 13) Varsity 1500 Meters**
- 14) Novice 200 Meters**
- 15) Varsity 200 Meters**
- 16) 4 x 800 Relay**
- 17) 4 x 100 Meter Relay (finals)**
- 18) 4 x 400 Relay**
- 19) Pentathlon 800 Meters**

Field Events

11:00AM

**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**