

**LOCATION:** Tully High School Track Monday April 22th 4:00pm We have a newly painted 400 Meter, 6 Lane All Weather Surface Track with separate long and triple Jumping Areas And a separate Shot Put And Discus Area COST: \$150.00 Per Team (Boys and Girls combined) \$100.00 for just Boys or Girls Checks payable to: Tully Boys Running Club c/o Jim Paccia Tully Central School, P.O. Box 628 Tully NY 13159 **ENTRY:** Submit Entries Online @ NY.milesplit.com by Sunday April 21st 12:00 pm All Athletes Will Be Allowed To Compete In Four Events Three Entries Per School For Individual Events Unlimited Pentathlon entries (Pent athletes may not enter any other events) One Relay Team Per School There will be team scoring in two divisions **AWARDS:** Awarded To Both Boys And Girls 1<sup>st</sup> place & 2<sup>nd</sup> place team in each division T-shirts for 1<sup>st</sup> place in each event Ribbons for 2nd-6th <sup>1</sup>/<sub>4</sub> "Spikes will be allowed A full Concession stand will be available Invitational T-Shirts Available To Purchase Day Of Event Please call Jim Paccia 315 439-3147 or respond with a commitment email to jpaccia@tullyschools.org listing your name, school name, e-mail, participating team(s), the respective coach(es) name and all contact information. For more information, please call Jim Paccia or the Tully Athletic Department at (315) 696-6235

## **Order Of Events**

Coaches Meeting at 3:45am

1.) 1600M RELAY (B,G) FINAL 2.) 3200M (B) FINAL 3.)3000M (G) FINAL 4.) Pent 110M Hurdles (B) 5.) 110M HURDLES (B) FINAL 6.) Pent 100M Hurdles (G) 7.) 100M HURDLES (G) FINAL 8.) 400M (B,G) FINAL 9.) 1600M (B) FINAL 10.) 1500M (G) FINAL 12.) 400M HURDLES (B,G) TIMED FINAL 13.) 100M DASH (B,G) FINAL 14.) 800M (B,G) FINAL 15.) 200M (B,G) FINAL 16.) 3200M RELAY (B,G) FINAL 17.) 400M RELAY (B,G) FINAL 18.) Pent 1500M (B) 19.) Pent 800M (G) Open Pit one hour for field events High jump & Pole vault compete as normal SHOT (B,G) 10:15-11:15, 11:30-12:30 12:30 PENT SHOT PUT - Novice shot to follow Varsity LONG JUMP (B) 10:15-11:15, B&G PENT LONG JUMP 11:30-12:00 (G) 12:15-1:15 TRIPLE JUMP (B,G) 10:15-11:30, 11:45-1:00 DISCUS (B,G) 10:15-11:30, 11:45-1:00 PENT HIGH JUMP followed by Reg HIGH JUMP (G,B) POLE VAULT (G,B) POLE VAULT (B) - STARTS AT 7' 6" BY 6" TO COMPLETION POLE VAULT (G) - STARTS AT 6' BY 6" TO COMPLETION TRIPLE JUMP, LONG JUMP, SHOT, DISCUS - 3 JUMPS/THROWS PER ENTRANT (No Final) HIGH JUMP (B) - START AT 4'10" BY 2" (G) - START AT 3'10" BY 2" TO COMPLETION