

DERUYTER CENTRAL SWC TRACK INVITATIONAL

Friday, May 17, 2024

START TIME: The meet will start promptly at 4:00PM

FACILITIES: The track is a **newer 400 meter all-weather rubberized surface** with an six lane straightaway. It features two jumping pits which will allow long jump and triple jump to begin at the same time. The track and runways will accommodate $\frac{1}{4}$ inch pyramid spikes only.

Concessions will be available.

Invitational T-shirts will be available to purchase the day of the event.

AWARDS: Ribbons will be awarded to the first six finishers in each event including relays. A team trophy will be awarded to the boys & girls team with the highest score (10-8-6-4-2-1).

ENTRIES: All entries will be done online via www.nymilesplit.com. Entry deadline is Friday May 15, at 12:00 noon. No additions will be added on the day of the meet.

Athletes may compete in 4 events. Only 1 relay team per event.

All Field Events will be limited to 3 Entries

Scratch sheets are to be picked up at the Timing-Tent by the Finish Line area upon arrival into the complex. Coaches are asked to make scratches on the sheets then return them to the timing tent at the finish line.

Leone Timing will be used to produce fast, accurate results.

FEES \$250 per school, \$150 for only boys or girls. \$15 per athlete (5 max)

WE WILL ONLY ACCEPT THE FIRST 15 SCHOOLS (BOYS AND GIRLS)

Payment mailed by May 15, 2024 to:

DeRuyter Central

Attention: Heidi Foster

711 Railroad Street

DeRuyter, NY 13052

Please make checks payable to DeRuyter Central School

Please email your intent to participate to DCS Athletic Director, Sheri Smith

(smiths@deruytercentral.org) or 315-852-3400

Include the email of your coach when you submit your intent to participate.

*Busses should not arrive prior to 3:00PM. Drop student athletes off at the Track entrance, and parking will be at the Fairgrounds.

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All entries should be made through ny.milesplit.com. Once you have provided your intent to participate, you will receive a password via email by May 3rd to allow entry into the meet.

ORDER OF RUNNING EVENTS

4X800 (G/B)

110HH (B)

100HH (G)

100 (G/B)

3000/3200 (G/B)

400IH (G/B)

400 (G/B)

800 (G/B)

1500/1600 (G/B)

200 (G/B)

4X100 (G/B)

4X400 (G/B)

FIELD EVENTS

4 THROWS, 4 JUMPS (NO FINALS)

SHOT (B/G) 4:00PM

DISCUS (G/B) 4:00PM

LONG JUMP: 4:00-5:30PM (Open Pit)

Boys Pit 1

Girls Pit 2

TRIPLE JUMP: 5:30-7:00PM (Open Pit)

Boys pit 1

Girls pit 2

HIGH JUMP (G/B): 4:00PM until complete

HJ (G) starts at 4', (B) starts at 5'

POLE VAULT (G/B) 4:00PM

(G)starts at 6' 6", (B) starts at 8' 6