

RWTL INDOOR TRACK & FIELD CHAMPIONSHIPS

MEET INFORMATION

Date: Saturday, February 10th

Place: Nazareth University

Time: 4:00 - 10:00

Entries: Please read the points below carefully

1. Each team will be allowed to enter 3 athletes into each event. Additional entries may be entered **ONLY** if they have all achieved the Standards listed on page 2 during the season. To enter 4 athletes, they all need to have met the standard for that event. If entering athletes below the standard, then 3 entries is your max for that event.
2. Each team will be allowed a relay entry in the 4x200, 4x400, and 4x800 per gender. Relay athletes and alternates need to also be entered online.
3. There will be no scratch period after the entry deadline. This means entries are final.
4. Athletes may enter 3 individual events. If an athlete is entered in 3 individual events, they can not be entered in a relay. Athletes may run in any relay they are listed in as long as they do not exceed the maximum of three events.
5. Entries will be made to www.yentiming.com with a deadline of **8:00 pm, Wednesday, February 7th.**

Divisions: Large School Division (Any school classified in A1 or A2). Small School Division (A3, A4 and A5). On the track, Large school first followed by Small school (boys large then small, followed by girls). Field events will go Small schools first, followed by Large schools.

Team Scoring: 10, 8, 6, 4, 2, 1

Awards: Team trophies - Top 3 teams (large and small / boys and girls)
Individual - Top 3 - medals, 4-6th - ribbons
MVP field and MVP track athlete (large and small / boys and girls) total points earned

Admission: \$5.00

Order of Events: (Large Schools first on the Track/ Small schools first in the Field)

Boys followed by Girls for running events.

3200/3000m
55m Hurdles
55m
1000m
1500m RW
600m (2-turn stagger - in lanes)
1600/1500m
300m
4x800m Relay
4x400m Relay
4x200m Relay

Shot Put	Boys followed by Girls
Weight Throw	Girls followed by Boys
Pole Vault	Girls and Boys on 2 pits
High Jump	Boys followed by Girls
Triple Jump	Boys and Girls on 2 pits
followed by	
Long Jump	Boys and Girls on 2 pits

Standards for Additional Entries (must be on leaderboard):

Girls

55 meter dash - 7.95
55 hurdles - 10.60
300 - 46.00
600- 1:53
1000- 3:27
1500- 5:33
3000- 12:40
Long Jump - 15'
Triple Jump - 30'
High Jump- 4' 04"
Pole Vault - NA
Weight Throw- 26'
Shot Put - 25'
1500 race walk - 11:00

Boys

55 meter dash - 6.95
55 meter hurdles - 9.10
300 - 38.30
600- 1:32
1000- 2:55
1600 - 4:55
3200 - 10:50
Long Jump - 18' 06"
Triple Jump - 37'
High Jump - 5' 06"
Pole Vault - 8' 0"
Weight Throw - 38'
Shot Put - 37'

DIVISIONS:

Large Schools - (11 schools - A1 /A2)

Franklin
Edison
Corning
McQuaid
Wilson
Mercy
Monroe
East
Vertus
Livonia / Avon / Geneseo
UPREP

Small Schools - (29 schools A3 / A4 / A5)

YWCP
Rochester Prep
AQ
Dansville
Hornell
Haverling
Wayland-Cohocton
Attica
Wellsville
RACS/EMHCS
Canisteo-Greenwood
Alexander/ Pembroke
Bishop Kearney/Chesterton/Archangel
Oakfield-Alabama-Elba
York./Pavilion
Letchworth
Warsaw
Perry
Bolivar-Richburg
Caledonia-Mumford
Wheatland-Chili
Keshequa
Mt. Morris
Avoca-Prattsburgh
Charles Finney
Arkport-Canaseraga
Notre Dame-Batavia
Northstar Christian
Jasper-Troupsburg