

**Haverford Invitational**  
**Presented by: Fleet Feet Springfield**  
**Saturday, April 6, 2024**  
**Haverford High School**

2 athletes per event / 1 Relay per school

**Track Events: Start at 10:00 AM (girls precede boys)**

*\*Time Schedule will be added after entries close*

- 300m hurdles
- 4x800
- 100m
- 1600m
- 4x100m
- 400m
- 100mh/110mh
- 800m
- 200m
- 3200m
- 4x400m

**Field Events: Start at 9:30 AM**

- **2 Sessions for Jumps** (triple jump near track/long jump near tennis courts)
  - Girls Triple Jump and Boys Long Jump
    - 120 min open pit – 3 jumps with No Finals (updated 4/5/24)
  - Boys Triple Jump and Girls Long Jump
    - 120 min open pit – 3 jumps with No Finals (updated 4/5/24)
- Girls Pole Vault followed by Boys Pole Vault
- Boys HJ followed by Girls HJ
- Throwing Events:
  - 3 throws, top 6 to finals, top 3 receive medals.
  - Athletes are guaranteed 1 mark, after that they will need to reach the minimum marking distance (please refer to our final instructions document)
- Throwing Session 1 at 9:30 AM
  - Boys Shot, Boys Jav, Girls Disc
- Throwing Session 2 at 12:30 PM (*we will move ahead of schedule if possible*)
  - Girls Jav, Girls Shot, Boys Disc

**Dear Track and Field Coach**

We would like to invite you to the **Haverford Track and Field Invitational** on **Saturday, April 6th** starting at 9:30 AM.

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**Enter via pamilsplit. Entries due Friday, April 5 at 11AM.**

- The meet will use CCRS Timing.
  - Entry fee is \$150.00 per team. \$300.00 for both boys and girls teams
    - \$15 per individual/\$25 per relays
  - Checks should be made payable to **HHS T&F/XC** and can be brought with you to the meet or mailed to:  
Haverford High School Athletics  
% Ryan Comstock  
200 Mill Road  
Havertown, PA 19083
  - [W-9 Form](#)
  - Medals to top 3 finishers. There will be a concession stand and shirts for sale.
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Please return this form with payment by **Friday, March 29th** Thank you very much for your participation and we look forward to hearing from you soon.

Email [coachcomstock@gmail.com](mailto:coachcomstock@gmail.com) if you have any questions.

**Ryan Comstock and Amber Jenkins**

**Haverford Track and Field**

**HAVERFORD TOWNSHIP HIGH SCHOOL**

**- HAVERFORD INVITATIONAL -**

**Participating School:** \_\_\_\_\_

**Participating Team:** Girls   Boys   Both   (please circle one)

**Coach(es):** \_\_\_\_\_

**Cell phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Entry Fees:**                \_\_\_\_\_ # individuals x \$15.00                =                \_\_\_\_\_

                                 \_\_\_\_\_ # relays x \$25.00                =                \_\_\_\_\_

**Team Fee(s)** (boys or girls) x \$150.00                =                \_\_\_\_\_

**Total**                =                \_\_\_\_\_