

PANTHER HARRIER HVIAC TRACK AND FIELD INVITE

Saturday April 21st @ 3pm

**Albany College of Pharmacy and Health Sciences Field and Track
6 Lane Track**

Field Events Commence @ 3pm

Venue: The Albany Academy: 135 Academy Road - Albany, NY 12208

Track Events Begin @ 6pm

Venue: 106 New Scotland Ave, Albany, NY 12208



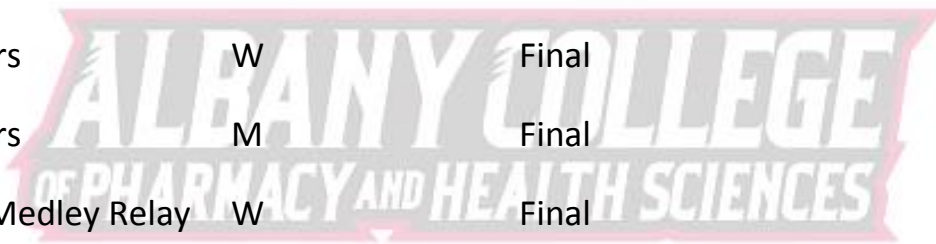
TRACK SCHEDULE

ACPHS CAMPUS

	Event	Gender	Round	Time
	Senior Recognition			5:45 PM
	National Anthem			5:55 PM
	5000 Meters	W	Final	6:00 PM
	5000 Meters	M	Final	
	4x100 Meter Relay	W	Final	
	4x100 Meter Relay	M	Final	
	1500 Meters	W	Final	
	1500 Meters	M	Final	
	100 Meter Hurdles	W	Prelims	
	110 Meter Hurdles	M	Prelims	
	100 Meters	W	Prelims	
	100 Meters	M	Prelims	
	400 Meters	W	Final	
	400 Meters	M	Final	
	100 Meter Hurdles	W	Final	
	110 Meter Hurdles	M	Final	
	100 Meters	W	Final	



100 Meters	M	Final
800 Meters	W	Final
800 Meters	M	Final
3000 Meters	W	Final
3000 Meters	M	Final
400 Meter Hurdles	W	Final
400 Meter Hurdles	M	Final
200 Meters	W	Final
200 Meters	M	Final
Distance Medley Relay	W	Final
Distance Medley Relay	M	Final
4x400 Meter Relay	W	Final
4x400 Meter Relay	M	Final



FIELD SCHEDULE

ALBANY ACADEMY CAMPUS

Horizontal Jumps will be conducted men first, High Jump will be conducted Women first, followed by Men. Throws will be conducted women first.

ALL EVENTS BEGIN AT 3PM

Event	Attempts	
High Jump W		Starting at 1.25 Meters Increase by .05 Meters
High Jump M		Starting 1.40 Meters Increase by .05 Meters
Long Jump	4 Jumps	
Triple Jump	4 Jumps	
Discus Throw	4 Throws	
Shot Put	4 Throws	



MEET INFORMATION

Please direct all meet information questions, all seeding and all entry questions to: Meet Director: Jeffery Barnes – Jeffery.Barnes@acphs.edu

Meet is open to all HVIAC member institutions.

Awards:

Team Winner and Runner Up; M/F Track Rookie of the Meet; M/F Track Performer of the Meet; M/F Field Rookie of the Meet; M/F Field Performer of the Meet, Medals 1st-2nd-3rd.

Scoring: Six Places: 10 – 8 – 6 – 4 – 2 – 1

Athletic Trainer:

Provided by Albany College of Pharmacy

Entry and Entry Fees:

Individual/Relays: \$25.00 per event, \$50.00 per relay

Men/Women Only: \$300.00

Blanket Team: \$400.00

On line WWW.DIRECTATHLETICS.COM. Entries are due Thursday April 19th, 10pm.

Entries posted at WWW.FINISHRIGHT.COM Friday morning

Scratches:

All track event scratches are due at 5:30 PM. Done at clerking tent on infield.

Clerking:

ACPHS: On infield behind Timing Tent

ALBANY ACADEMY: At the event

Field Event Warm-up: 2PM

Timing:

Fully Automatic Timing; Finish Right Timing

Live Results: Via FinishRight.com

Vertical Jumps Height Progression:

High Jump:

Women: 1.40, 1.45, 1.50, 1.55, 1.60, 1.75, 1.80, 1.85, 1.88, 1.91, 1.94, etc.

Men: 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.80, 1.85, 1.90, 1.93, 1.96, 1.99, etc.

PANTHER HARRIER HVIAC INVITE MEET ENTRY FORM

Men and Women are separate teams please use separate entries

Make Checks Payable to: Albany College of Pharmacy and Health Sciences
Christine Kanawada: Track and Field
106 New Scotland Ave,
Albany, NY 12208

Individual/Real Entry:

Number of EVENTS _____ x \$ 25.00 = \$ _____

Number of RELAYS _____ x \$ 50.00 = \$ _____

Team Entry:

Men Only: \$300

Women Only: \$300

Blanket Entry Fee \$400.00: _____

Name of School _____

Head Coach _____

Coach's Email Address _____

Coach's Phone # _____

School Address _____

TOTAL = \$ _____