

2nd ANNUAL UTICA INVITATIONAL

Saturday, January 19, 2019

Utica College - 9:00

All communications should be, sent to Glenn Wolin finish99@live.com

Meet Director: Mark Mindel

Entry Procedure: You must enter on MileSplit by Friday,
January 11 at 10:00 PM.

Entry Guidelines: You are allowed 2 entries per individual event and
1 team per relay in the 3 relays.
You are allowed 2 field event and 2 running event
"wild cards".

HOW EVER DUE TO THE LONG JUMP/TRIPLE JUMP PITS YOU ARE ONLY ALLOWED 1
ENTRY PER EVENT UNLESS ALL YOUR ENTRIES HAVE MEET THE STANDARD ON THE INFO
SHEET. THESE JUMPS MUST BE VARIFIED

Scratches are due by 8:15.

NO CHANGES ALLOWED!

ORDER OF EVENTS - 9:00

All events are run slowest to fastest

GIRLS RUNNING EVENTS WILL BE FIRST

TRACK ORDER:

4 X 200MR
55MH (Semis)
55MH(Final)
4 X 800M Relay
300M
1500M
1600M
200 HurdlesM
600M
3000M
3200 M
55M (Semis)
1000M (Sections)
55M (Final)
4 X 400MR (Sections)

FIELD ORDER

Shot Put - 3 throws in trials
Weight Throw - 3 throws in trials
Pole Vault - 7' & 9' starting
High Jump - 4'4" & 5' starting
LJ & TJ - 3 jumps in trials

LJ-TJ-SP-WT 3 trials Top 9 to Final

PV Up by 6" till 9' for Girls then by 3"
PV Up by 6" till 12' for Boys then by 3"

HJ Up by 2" till 5' for Girls then by 1"
HJ Up by 2" till 6' for Boys then by 1"

IMPORTANT INFORMATION

ENTRY FEE IS \$ 300 PER SCHOOL IF NOT IN THE TCITL
ENTRY FEE IS \$ 175 PER SCHOOL SINGLE SEX
ENTRY FEE IS \$ 40 PER RELAY
ENTRY FEE IS \$ 20 PER INDIVIDUAL ENTRY PER EVENT

CHECKS MADE OUT THE TCITL LEAGUE

1 All teams must drop-off at the side of the Utica Field House and use the Main Entrance. Pole Vaulters *ONLY* will use the Overhead door

Scratches are due by 8:15; coaches meeting at 8:45, "gun goes off" at 9:00.

2 Teams must set up their "camps" on the adjacent sides of the track and the Back Field and stay out of the competition area unless competing. All athletes should be AWARE of their surroundings at all times for safety.

3 Facility is an 8-lane Straight away 8 -lane on the turn, 200M track (1/4" spikes allowed) in field events also.

4 Utica College has 2 LJ/TJ pit, 2 of each PV & HJ Pits, and 2 throwing circles (one with a cage for the weight throw). All will be used at the same time to expedite the meet.

5 Any protest goes to Mark Mindel, the meet Referee.
A five-person games committee will be appointed.

6 Coaches: PLEASE POLICE YOUR TEAM AREA BEFORE YOU LEAVE!

7 All Section 2, NYPHSAA and National Federation Rules apply.

8 Starting blocks will be provided and can only be used for the finals of the 55M hurdles and 55M.

9 Everyone must supply their own batons.

10 All events will be FAT supplied by Finish Right Timing.

11 Scoring will be 10-8-6-5-4-3-2-1 (8 places)

12 Awards: Top 8 in all individual events get medals
Top 8 relay teams get medals
Top 2 teams get trophies

13 This meet will be open to Schools from NY-NJ-CT-PA-MT-VT