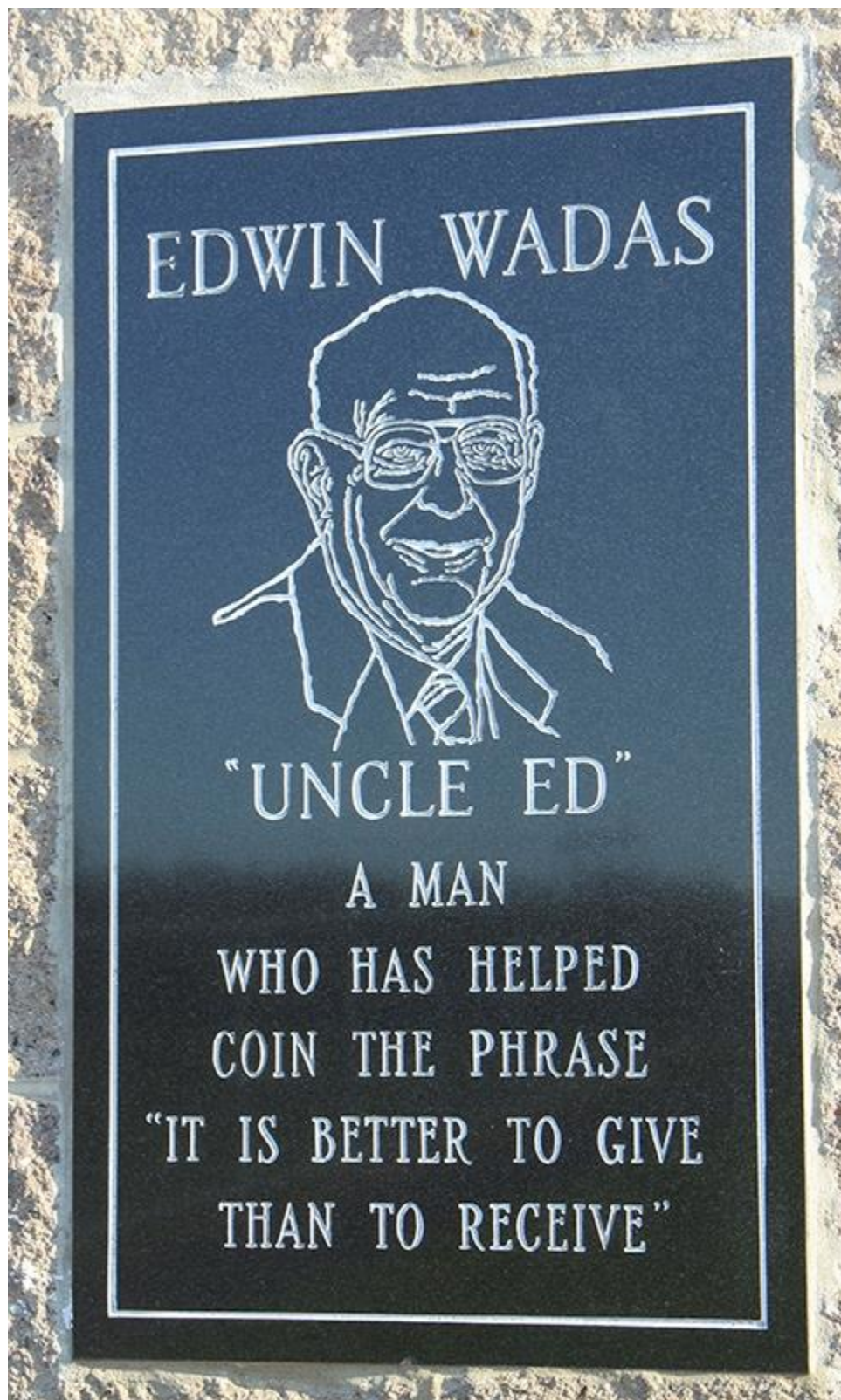


Sixth Annual Ed Wadas Memorial CO-ED INVITATIONAL



SITE: Whitesboro High School
Date: Friday, May 5, 2023
Time: **3:45** Coaches meeting and scratches
4:00 Field & Running events begin

FAT timing will be provided for the invitational and entries will be entered on NY Mile Split by Thursday, May 4 at 11:00 pm. Entry lists will be available on NY Mile Split Friday morning. Concessions and T-shirts will be available. T-shirts will be \$20.

Registration:

Registration will be done through NY Mile Split. Please register once you know if the boys, girls or both teams are planning to attend.

MEET DIRECTORS:

Brian Holtslag

cell: (315) 725-9205
email: bjhha@msn.com

Michael Carney

cell: (315) 292-2992
email: mcarney@wboro.org

ENTRY FEE:

\$250 for a co-ed team
\$175 for a single (boy's or girl's) team
\$20 for single entry

Please make checks or vouchers payable to:

Mail to:

Whitesboro Central School
Whitesboro Athletic Office
Whitesboro Senior High School
6000 State Route 291
Marcy, NY 13403

AWARDS: Ribbons (1st - 6th)
Team Plaques Boy's, Girl's, & Combined Champion

ENTRIES:

- Running and field events - 2 boys and/or 2 girls per school per event.
- Pentathlon - 1 boy and/or 1 girl per school.
- Relays - 1 boy's and/or 1 girl's team per school per relay.
- Four event maximum per athlete. (except pentathletes)

ORDER OF EVENTS

RUNNING EVENTS

100H Pent G
100H G finals
110HH Pent B
110HH B finals
800 B/G final
Co-Ed 4x400 Relay Final (Girl, Boy, Girl, Boy)
100 B/G final
3200 / 3000 B/G final
4 x 800 B/G final
400 B/G final
400H B/G final
1600 / 1500 B/G final
200 B/G final
3000/2000 Steeple B/G final
4 x 100 B/G final
4 x 400 B/G final
(Pent 1500/800 will be inserted)

FIELD EVENTS

Boy's shot put followed by Girl's
Girl's discus followed by Boy's

Girl's Pentathlon High Jump then
Girl's High Jump (4' 2" Starting)

Boys Pentathlon High Jump then
Boys High Jump (5' Starting)

Girl's long jump followed by Triple Jump
Boy's long jump followed by Triple Jump

Girl's pole vault (5' 6" Starting)
followed by Boy's (7' Starting)

PENTATHLON ORDER

100H / 110 H
High jump
Shot put
Long jump
800 / 1500

Notes

- There will be 2 high jump pits.
- There will be 2 runways, long jump will run on both pits then triple jump.
- Jumpers will get 3 jumps and then finals. Throwers will get 3 throws and then finals. Top 7 go to finals.
- Pole Vaulters should be able to safely make opening height.
- Girls Pole Vault will increase by 1' from 5' 6" to 7' 6" then by 6" until there is a winner.
- Boys Pole Vault will increase by 1' from 7' to 9' then by 6" until there is a winner.