

Tully Spring Co-ed Invitational



2026

Tully CO-ED Spring Black Knight Invite LOCATION: Tully High School Track

DATE & START TIME: Sat May 2nd 10:00am Coaches Meeting 9:45 in the infield

FACILITY: We have a 400 Meter, 6 Lane All Weather Surface Track with separate long and triple Jumping Areas And a separate Shot Put And Discus Area

COST: \$250 per school, \$150 for only boys or girls. \$15 per athlete (5 max) Checks payable to: Tully Boys Running Club c/o Jim Paccia Tully Central School 20 State st. Tully NY 13159

ENTRY: We are accepting the 1st - 12 teams into our meet.

Please e-mail, call or text Jim Paccia- jpaccia@gmail.com 315 439-3147 with your name, school name, e-mail, participating team(s), the respective coach(es) name and all contact information if you would like to get into the meet

. Entries Online @ NY.milesplit.com will be password protected. I will share the password with those teams accepted by April 24th Event entries are due by Thursday April 30th 12:00 pm

All Athletes Will Be Allowed To Compete In Four Events

Three Entries Per School For Individual Events One Relay Team Per School

AWARDS: Awarded To Both Boys And Girls 1st place & 2nd place team

T-shirts for 1st place in each event

¼" Spikes will be allowed

A full Concession stand will be available

Ribbons for 1st-6th

Invitational T-Shirts Available To Purchase Day Of Event

Order Of Events Coaches Meeting at 9:45am

- 1.) 110M HURDLES (B) FINAL
- 2.) 100M HURDLES (G) FINAL
- 3.) 1600M RELAY (B,G) FINAL
- 4.) 3200M (B) FINAL
- 5.) 3000M (G) FINAL
- 6.) 400M (B,G) FINAL
- 7.) 1600M (B) FINAL
- 8.) 1500M (G) FINAL
- 9.) 2 x 2 CO-ED 1200 meter Relay 4,2,2,4 ***** Girls for the 1st two legs to Boys , 3rd and last
- 10.) 400M HURDLES (B, G) TIMED FINAL
- 14.) 100M DASH (B,G) FINAL
- 15.) 800M (B,G) FINAL
- 16.) 200M (B,G) FINAL
- 17.) WEIGHTMEN 4 X 100 RELAY (Only Shot Or Discus Boys who competed that day)
- 18.) WEIGHTLADIES 4 X 100 RELAY (Only Shot Or Discus Girls who competed that day)
- 19.) 3200M RELAY (B,G) FINAL
- 20.) 400M RELAY (B,G) FINAL

Open Pit 1:45 hours for field events High jump & Pole vault compete as normal

SHOT (G,B) 10:00-11:45 11:45-1:30 * Please tell your throwers that they will have 1 hour 45 minutes to complete throws

DISCUS (B,G) 10:00-11:45 11:45-1:30 Please tell your athletes: * It is an open pit for 1:45

LONG JUMP (Girls south runway Boys North runway) 10:00-11:45

TRIPLE JUMP (Girls South runway, Boys North runway) 11:45-1:30

HIGH JUMP (G,B)-- (G) – START AT 3’10” BY 2” TO COMPLETION)

(B) START AT 4’10” BY 2” TO COMPLETION

POLE VAULT (G,B) POLE VAULT (G) – STARTS AT 6’ bar up by 6” TO COMPLETION (B) – STARTS AT 7’ 6” bar up by 6” TO COMPLETION

TRIPLE JUMP, LONG JUMP, SHOT, DISCUS – 3 JUMPS/THROWS PER ENTRANT (No Final) HIGH JUMP (B) – START AT 4’10” BY 2” (G) – START AT 3’10” BY 2” TO COMPLETION