



# BALLSTON SPA INVITATIONAL

SATURDAY April 16, 2022

BALLSTON SPA HIGH SCHOOL

**9:00 FIELD EVENTS**

**9:30 TRACK EVENTS**

**SCRATCHES DUE (RUNNING EVENTS ONLY) BY 8:15**

**ALL EVENTS ARE SLOW TO FAST:**

100 METER HURDLES	(SEMI)	GIRLS	TOP 12 TIMES	TO FINAL
110 METER HURDLES	(SEMI)	BOYS	TOP 12 TIMES	TO FINAL
100 METER DASH	(SEMI)	GIRLS	TOP 12 TIMES	TO FINAL
100 METER DASH	(SEMI)	BOYS	TOP 12 TIMES	TO FINAL
3000 METER RUN		GIRLS		
3200 METER RUN		BOYS		
4X800 METER RELAY		GIRLS		
4X800 METER RELAY		BOYS		
110 METER HURDLES	(FINAL)	BOYS	2 HEAT FINAL	
100 METER HURDLES	(FINAL)	GIRLS	2 HEAT FINAL	
100 METER DASH	(FINAL)	GIRLS	2 HEAT FINAL	
100 METER DASH	(FINAL)	BOYS	2 HEAT FINAL	
1500 METER RUN		GIRLS		
1600 METER RUN		BOYS		
4X100 METER RELAY		GIRLS		
4X100 METER RELAY		BOYS		
400 METER DASH		GIRLS		
400 METER DASH		BOYS		
400 METER HURDLES		GIRLS		
400 METER HURDLES		BOYS		
800 METER RUN		GIRLS		
800 METER RUN		BOYS		
200 METER DASH		GIRLS		
200 METER DASH		BOYS		
4X400 METER RELAY		GIRLS		
4X400 METER RELAY		BOYS		



## Field Events:

GIRLS SHOT PUT FOLLOWED BY BOYS SHOT PUT                      FLIGHTS  
BOYS DISCUS FOLLOWED BY GIRLS DISCUS                              FLIGHTS  
GIRLS JAVELIN FOLLOWED BY BOYS JAVELIN OPEN PIT  
GIRLS LONG JUMP FOLLOWED BY BOYS LONG JUMP                  OPEN PIT  
BOYS TRIPLE JUMP FOLLOWED BY GIRLS TRIPLE JUMP OPEN PIT  
GIRLS POLE VAULT FOLLOWED BY BOYS POLE VAULT  
BOYS HIGH JUMP FOLLOWED BY GIRLS HIGH JUMP  
HIGH JUMP GIRLS    3'6 UP BY 3"  
HIGH JUMP BOYS    4' UP BY 3"  
POLE VAULT GIRLS    6' UP BY 6"  
POLE VAULT BOYS    7' UP BY 6"

**ATTEMPTS: 4 THROWS    D-J-SP                      4 JUMPS    LJ-TJ**



**AWARDS:** MEDALS TO THE TOP 6 IN EACH EVENT

**TIMING:** FAT TIMING FOR ALL EVENTS

**FEE:** \$ 300 PER SCHOOL \$ 175 SINGLE SEX

**ENTRIES:** 4 PER SCHOOL PER EVENT

**REGISTER:** NY.MILESPLIT.COM

**ENTRIES DUE:** April 15 @ 9:00 PM

**PERF LIST:** PERF LIST WILL BE POSTED AT 9:15 PM ON April 15

**RESULTS:** ALL EVENTS WILL BE LIVE @ FINISHRIGHT.COM

## **BALLSTON SPA INVITATIONAL**

SATURDAY April 15, 2022

BALLSTON SPA HIGH SCHOOL

**9:00 START TIME**

BOYS \_\_\_\_\_

GIRLS \_\_\_\_\_

FULL TEAM \$ 300

SINGLE SEX: \$ 175

**CHECKS MADE PAYABLE TO:**

**Parents of Scotties Cross Country and Track**

PO BOX 2522

Malta, NY 12020

**Any School entering the Javelin must provide**

**COI Naming Ballston Spa, needs to be emailed to:**

**[gpreece@bscsd.org](mailto:gpreece@bscsd.org)**

**Please email your intent to compete as soon as possible and any questions regarding the meet to:**

Garry Preece, [gpreece@bscsd.org](mailto:gpreece@bscsd.org) 518-852-3320