

## DERUYTER CENTRAL SWC TRACK INVITATIONAL

Saturday, May 20, 2023

**START TIME:** The meet will start promptly at 10:00 am.

**FACILITIES:** The track is a **newer 400 meter all-weather rubberized surface** with an six lane straightaway. It features two jumping pits which will allow long jump and triple jump to begin at the same time. The track and runways will accommodate ¼ inch pyramid spikes only.

Concessions will be available.

Invitational T-shirts will be available to purchase the day of the event.

**AWARDS:** Ribbons will be awarded to the first six finishers in each event including relays. A team trophy will be awarded to the boys & girls team with the highest score (10-8-6-4-2-1).

**ENTRIES:** All entries will be done online via [www.nymilesplit.com](http://www.nymilesplit.com). Entry deadline is Friday May 19, at 12:00 noon. No additions will be added on the day of the meet.

Athletes may compete in 4 events. Only 1 relay team per event.

Scratch sheets are to be picked up at the Timing-Tent by the Finish Line area upon arrival into the complex. Coaches are asked to make scratches on the sheets then return them to the timing tent at the finish line.

**Leone Timing** will be used to produce fast, accurate results.

**FEES** \$250 per school, \$150 for only boys or girls. \$15 per athlete (5 max)

### **WE WILL ONLY ACCEPT THE FIRST 15 SCHOOLS (BOYS AND GIRLS)**

Payment mailed by May 17, 2023 to:

DeRuyter Central

Attention: Sandy Welch

711 Railroad Street

DeRuyter, NY 13052

**Please make checks payable to DeRuyter Central School**

Please email your intent to participate to DCS Athletic Director, Sheri Smith

([smiths@deruytercentral.org](mailto:smiths@deruytercentral.org)) or 315-852-3400

Include the email of your coach when you submit your intent to participate.

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All entries should be made through [ny.milesplit.com](https://ny.milesplit.com). Once you have provided your intent to participate, you will receive a password via email by May 3rd to allow entry into the meet.

**ORDER OF RUNNING EVENTS**

**4X800 (G/B)**

**110HH (B)**

**100HH (G)**

**100 (G/B)**

**3000/3200 (G/B)**

**400IH (G/B)**

**400 (G/B)**

**800 (G/B)**

**1500/1600 (G/B)**

**200 (G/B)**

**4X100 (G/B)**

**4X400 (G/B)**

**FIELD EVENTS**

**4 THROWS, 4 JUMPS (NO FINALS)**

**SHOT (B/G) 10am**

**DISCUS (G/B) 10am**

**LONG JUMP: 10-1130am (Open Pit)**

**Boys Pit 1**

**Girls Pit 2**

**TRIPLE JUMP: 11:30am-1:00pm (Open Pit)**

**Boys pit 1**

**Girls pit 2**

**HIGH JUMP (G/B): 10:00am till complete**

**HJ (G) starts at 4', (B) starts at 5'**

**POLE VAULT (G/B) PV**

**(G)starts at 6' 6'', (B) starts at 8' 6**