



2022

CO-ED TRACK INVITATIONAL



Date: May 13th

Location: Oneida High School

Time: 3:30 Coaches Meeting
3:45 Meet begins

Meet Director: Ed Gratien
Work: 315-363-1050
Cell: 315-263-2654
Email: egratien@oneidacsd.org

Coaches Responsibility: Email me to confirm your intent to attend and turn in your voucher on time.

Entry Process:

- 1 Email your intent to participate to egratien@oneidacsd.org by May 8th.
- 2 All entries should be made through ny.milesplit.com. Once you have provided your intent to participate, you will receive a password to allow entry into the meet.
- 3 Entry deadline is may 11th at 10:00pm.

Entries: Athletes may compete in 4 events (except pentathlon)
Running & Field Events: Two boys and/or two girls per school per event.
Pentathlon: 1 boy and/or 1 girl per school
Relays: 1 Boys and/or 1 Girls team per school per relay
Entry Fees: \$250 for Co-Ed Team
\$150 for single (Boys or Girls) Team
\$15/ Athlete or Relay Team (5 max)

Payment: Please make vouchers payable to: Oneida All Sports Boosters Club

Return Voucher to: Ed Gratien, Oneida Middle School
200 Markell Drive
Wampsville, NY 13163

LIVE RESULTS

Sign up for text notifications
Finishright.com



Order of Events

RUNNING EVENTS		FIELD EVENTS	STANDARDS
100H	PENT G	BOYS SHOT PUT	38'
100H (G)	FINAL	GIRLS SHOT PUT	28'
110HH	PENT B	GIRLS DISCUS	80'
110HH (B)	FINAL	BOYS DISCUS	100'
STEEPLE CHASE B/G	FINAL	GIRLS PENT HJ	
400 (B/G)	FINAL	GIRLS HIGH JUMP	4'
100 (B/G)	FINAL	BOYS PENT HJ	
800 (B/G)	FINAL	BOYS HIGH JUMP	5' - 4"
400 H (B/G)	FINAL	GIRLS LONG JUMP	13' - 6"
1600/1500 (B/G)	FINAL	BOYS LONG JUMP	17' - 6"
200 (B/G)	FINAL	BOYS TRIPLE JUMP	37'
4 X 800 (B/G)	FINAL	GIRLS TRIPLE JUMP	29'
4 X 100 (B/G)	FINAL	GIRLS POLE VAULT	7'
1500/800 (B/G)	PENT	BOYS POLE VAULT	9' - 6"
4 X 400 (B/G)	FINAL	4 throws and 4 jumps	



Pentathlon Order:

- 1 100H / 110H**
- 2 High Jump**
- 3 Shot Put**
- 4 Long Jump**
- 5 1500/800**

- * The pentathlon 1500/800 will be placed when needed if they finish early.**
- * Pole Vaulters must be able to safely attempt the opening height.**

Scoring: 10-8-6-4-2-1

**Awards: Ribbons (1st—6th place)
Trophies for Boys and Girls Pentathlete winner
Trophies for Boys and Girls Team Champions**

**Facilities: 6 Lane all-weather track
2 horizontal jumping areas with all-weather surface runways
High jump and pole vault areas with all-weather surfaces
Shotput and discus area with concrete throwing areas
Starting Blocks will be provided. You may bring your own.**

**Concessions: Food, beverages, and snacks will be available
Invitational Tee shirts will be available to purchase**

Results: Will be live on Finishright.com. Results will also be posted on NYMilesplit.com