

ONONDAGA CENTRAL TRACK INVITATIONAL

Friday, April 29, 2022

START TIME

The meet will start promptly at 4:00 pm. No coaches meeting.

FACILITIES

The track is a **brand new 400 meter all-weather rubberized surface** with an eight 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. Entry deadline is Thursday, April 28 at 12:00 noon. No additions will be added on the day of the meet.

Athletes may compete in 3 events. Only 1 relay team per event. 2 entries per school for individual events.

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)

Payment mailed by April 25, 2022 to:

Onondaga Central Jr/Sr High School

Attention: Tricia Burdick

4479 South Onondaga Road

Nedrow, NY 13120

Please make checks payable to Onondaga Central

Please email your intent to participate to OCS Athletic Director, Jason Czarny (jczarny@onondagacsd.org) or 315-552-5022

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

All entries should be made through ny.milesplit.com. Once you have provided your intent to participate, you will receive a password via email by April 15th to allow entry into the meet.

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ORDER OF RUNNING EVENTS

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)
4X800 (G/B)
4X100 (G/B)
4X400 (G/B)

FIELD EVENTS

4 THROWS, 4 JUMPS (NO FINALS)

SHOT (B/G)

followed by JV SHOT (B/G)

DISCUS (G/B)

followed by JV DISCUS (G/B)

LONG JUMP (B/G)

Open Pit. Boys 4:00-5:30. Girls 5:30-7:00

TRIPLE JUMP (G/B)

Open pit. Girls 4:00-5:30. Boys 5:30-7:00

HIGH JUMP (G/B)

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

POLE VAULT (G/B)

PV (G) starts at 6' 6", (B) starts at 8' 6'

