

**Cato-Meridian Track and Field Invitational
Friday, May 2, 2008**

Where: Cato- Meridian HS
2851 NYS Route 370
Cato, NY 13033 315-626-3317

For C, D and B Schools

Facility: Six lanes all weather track, locker rooms and rest rooms at the high school. Concession stand will be available. T-shirts available for sale.

Awards: **To be announced- Medals and ribbons. No Team Scoring**

Participation: An athlete may compete in three events and coaches may enter up to two entries per individual event. One team per relay event. Opening heights for high jump and pole vault will be determined at the coaches meeting. The shot and discus will consist of three throws and begin promptly at 3:15 with no finals. Long and triple jumps will consist of three jumps with no finals.

Schedule: Coaches and officials meeting at 3:00 pm.
Field events sign in at 3:10
First running event will begin at 3:30pm.
Seed cards for both running and field events should be brought to the coaches meeting in Room 103. Located in the front of the high school building third classroom on the left of the wheel chair ramp that faces the HS.

Fees: \$180 for both boys and girls teams
\$100 for one team
\$10.00 per individual and \$ 20.00 per relay
Please make check payable to **Cato Meridian Varsity Club**
Please remit fee or voucher promptly to assure your spot by 4/26/08

Contact: Charlie Balog 626-3317 email: cbalog@cm.cnyric.org
Donna Cappellano 626-3317 email: dcappellano@cm.cnyric.org

Cato Meridian Invitational May 2, 2008 Order of Events

4X800m relay: (B) Timed Final, (G) Timed Final

100M (B) Semis; (G) Semis

110HH (B) Semis

100HH (G) Semis

1600m (B) Timed Final

1500M (G) Timed Final

100M (B) Timed Final, (G) Timed Final

100M HH (G) Timed Final

110M HH (B) Timed Final

**4X100m Co-Ed Rubber Chicken Relay MUST Be 2 boys and 2 Girls Athletes
can not be a part of any other relay that day. Timed Final**

400M (B) Timed Final, (G) Timed Final

400 IH (B) Timed Final (G) Timed Final

800M (B) Timed Final (G) Timed Final Memorial Race

200M (B) Timed Final (G) Timed Final

3000 M (G) Timed Final

3200M (B) Timed Final

4X100M Relay (B) Timed Final, (G) Timed Final

Novice 1600 (B) Timed Final, Novice 1500m (G) Timed Final

4X400M Relay (B) Timed final (G) Timed Final

NOTE: The number of heats will be determined by the number of entries

Field Events:

Shot put (G), (B)

Discus (B), (G)

Long Jump May be open pit depending on number of entries

Triple Jump

High Jump (G), (B)

Pole Vault (B) (G)