

ONEIDA CO-ED INVITATIONAL

SITE: Oneida High School

DATE: Friday, May 9th , 2008

We will be using the same timing system as last year but the entries will be done on Pat Leone's site. This will be set up a few weeks before the meet, and the entry deadline will be 7 pm the night before.

Registration:

Registration will be done through email only. Let me know if the boys, girls or both teams are planning to attend.

For the speed of the meet we will be trying to keep the meet at 16 teams for each gender. Last year we turned teams away so please let us know as soon as possible.

TIME: 3:30 Coaches meeting and scratches
3:45 Field events begin
3:45 running events begin

MEET

DIRECTORS: Adam Litwak and Terry Yardley

ENTRY FEE: \$160 for a co-ed team
\$90 for a single (boy's or girl's) team

Make vouchers payable to the **Oneida All-Sports Boosters Club**

Return Voucher to: **Adam Litwak
Oneida High School
560 Seneca St.
Oneida, NY 13421**

AWARDS: Ribbons (1st - 6th) ; Trophy Boy's & Girl's Pentathlete
Team Trophies Boy's, Girl's, & Combined Champion

COACH'S RESPONSIBILITIES:

- **Email me that you are planning to attend / Voucher on time.**
- Each school may be asked to provide one adult to help run one field event (boys or girls).

QUESTIONS?

Contact: Adam Litwak fax# : 366-0619
work : 363-6901 home : 280 - 4421
email: alitwak@oneidacsd.org

ENTRIES: **Running and field events** - 2 boys and/or 2 girls per school per event.
Pentathlon - 1 boy and/or 1 girl per school.
Relays - 1 boy's and/or 1 girl's team per school per relay.
Four event maximum per athlete. (except pentathletes)

** Pole Vaulters should be able to safely make the opening height.

ORDER OF EVENTS

RUNNING EVENTS **

100H / 110H	Pent G/B
110H / 100H	B/G semi
100	B/G trials
3200 / 3000	B/G final
100	B/G semi
400	B/G final
100H / 110H	G/B final
100	B/G final
800	B/G final
400 H	B/G final
200	B semi
200	G final
1600 / 1500	B/G final
200	B final
4 x 800	B/G final
4 x 100	B/G final
1500 / 800	B/G pen
4 x 400	B/G final

FIELD EVENTS

Boy's shot put followed by Girl's
 Girl's discus followed by Boy's
 Girl's high jump (4')
 Pentathlon high jump
 Boy's high jump at 1st available pit(5')
 Girl's long jump followed by Boy's
 Boy's triple jump followed by Girl's
 Girl's pole vault (7')
 followed by Boy's(9')

PENTATHLON ORDER

100H / 110 H
 High jump
 Shot put
 Long jump
 1500 / 800

4 Throws and 4Jumps