

**30<sup>TH</sup> ANNUAL OSWEGO COUNTY GIRL'S TRACK AND FIELD INVITATIONAL**

**DATE:** Saturday, May 3, 2008

**SITE:** Athletic Complex, Oswego Middle School

**TIME:** 3:00 p.m. **SHARP!**

**ENTRIES:** Four (4) entries per running or field event. One relay team allowed per each relay event. Unlimited entries in the Novice 200 and Novice 1500 meter run. Novice participants may **not** run varsity events.

**AWARDS:** Ribbons to places 2 - 6 and Medals to 1<sup>st</sup> place. Trophy is given to Outstanding Runner and Outstanding Field Performer as selected by the coaches.

**OFFICIALS:** Please bring a timer and a watch. If you do not bring a competent timer, you will be asked to time. We will provide all other officials.

**FACILITY:** 8 lane polyurethane track. Shot and discus circles are concrete and caged. Jumping areas have polyurethane running areas. Starting blocks will be provided.

**DRESS:** No locker rooms will be available, please come dressed. There are only bathroom facilities.

**CARDS:** Running entries must be submitted to the clerk by 2:30. Field event competitors will sign in.

**RULES:** Federation rules will be used with exception that a girl may only enter **THREE** events.

**SHOES:** Pin spikes ¼"

**ORDER OF EVENTS:**

<b>RUNNING</b>		<b>FIELD</b>
400 meter hurdles	FINALS	<p><b><u>Shot put:</u></b> 4 throws - no finals - top throw overall determines place finish - OPEN RING</p> <p><b><u>Discus:</u></b> to follow shot - same as above</p> <p><b><u>Long Jump:</u></b> 4 jumps - no finals - top jump overall determines place finish - OPEN PIT</p> <p><b><u>Triple Jump:</u></b> same as above - to follow long jump</p> <p><b><u>High Jump:</u></b> to start at 4' - timing procedures will be enforced-the bar will not be held</p> <p><b><u>Pole Vault:</u></b> to start at 5'6" – sane procedures as above</p>
800 meter relay	FINALS	
1500 meter run	FINALS	
100 meter dash	SEMIS	
100 meter hurdles	SEMIS	
Novice 1500 meter run	FINALS	
3200 meter relay	FINALS	
100 meter dash	FINALS	
400 meter dash	FINALS	
Sprint medley (4-2-2-8)	FINALS	
Novice 200 meter dash	FINALS	
3000 meter run	FINALS	
200 meter dash	FINALS	
100 meter hurdles	FINALS	
800 meter run	FINALS	
400 meter relay	FINALS	
1600 meter relay	FINALS	

**PLEASE FAX THIS FORM WITH VOUCHER BY MONDAY, APRIL 10, 2008**

**FAX TO:** Scott Sugar, Athletic Director  
Fax: (315) 341-2922

- Yes, we will be attending the invitational.
- No, we will not be attending the invitational.

**SCHOOL:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**COACH'S HOME PHONE:** \_\_\_\_\_

**COACH'S WORK/SCHOOL PHONE:** \_\_\_\_\_

**COACH'S E-MAIL:** \_\_\_\_\_

**SUGGESTIONS:**

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**Questions:** Call Jim McCaul at 342-1123 (Home) or E-mail at: [jmccaul6@twcny.rr.com](mailto:jmccaul6@twcny.rr.com)