

Owego Free Academy
Track and Field Invitational
Saturday, April 26, 2008
10:00 AM

The First Owego Free Academy Track and Field Invitational will be held at **Christy J. Valvo Stadium** on Saturday, April 26, 2008.

FACILITY: Eight lane all-weather track with steeple chase barriers and water pit; two long and triple jump pits; all weather high jump surface; infield pole vault area; packed cinders for shot put area; and discuss just outside the track area. The facility has room for team tents, and our campus can accommodate unlimited parking for buses and spectators. **Christy J. Valvo Stadium** has large bleacher areas the entire length of both sides of the track.

TIME: 10:00 with coaches meeting on the infield at 9:30.

FEE: \$175 for both Boys and Girls. We will accept the first 10 schools to respond with payment.

ENTRIES: Two per event, one relay team per event. A third individual may be entered if they meet the standard for a third entry. Athletes may enter only 4 events. Entries must be made through the Sydex Website. Entries must be in by 5:00 Monday April 21.

AWARDS: will be given to top six finishers in each event.

SCORING: 10-8-6-4-2-1 for all events.

PIN SPIKES may be worn in all events.

Please make your intentions known to Dan Whippo at (607)760-9045 or whippod@oacsd.org

See next page for payment and response information.

MINIMUM STANDARDS FOR THIRD ENTRANT

(IN ORDER TO ENTER THREE ATHLETES IN AN EVENT, ALL THREE MUST MEET THE STANDARD FOR THAT EVENT)

	Boys	Girls
100 Meters	11.2	13.0
110/100 Meter Hurdles	16.5	17.5
200 Meters	23.5	27.5
400 Meters	53.0	1:03.0
800 Meters	2:05.0	2:25.0
1600/1500 Meters	4:40.0	5:10.0
3000/2000 Meter Steeplechase	11:05.0	8:10.0
3200/3000 Meters	10:35.0	11:45.0
Long Jump	19' 0"	16' 0"
Triple Jump	39' 0"	32' 0"
High Jump	5' 8"	4' 8"
Pole Vault	10' 0"	8' 0"
Shot Put	45' 0"	33' 0"
Discus	110' 0"	90'

**Owego Free Academy
Track and Field Invitational
Response Form**

Please fill out the following form and **return it ASAP. Deadline: March 31, 2008 .**

SCHOOL _____

COACH _____ WORK PHONE _____

HOME PHONE _____ EMAIL _____

ATHLETIC DIRECTOR _____ WORK PHONE _____

HOME PHONE _____ EMAIL _____

Please include payment with this form. It helps us with costs of awards and officials. Fee is \$175.00 for both teams.

Make checks payable to: Owego Athletic Office

Please return this form and payment to:

Joe Palladino
Athletic Director
Owego Free Academy
1 Sheldon Guile Blvd.
Owego, NY 13827
(607)687-6232
Fax: (607)687-6253

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ORDER OF EVENTS

400 Meter Relay (semi)	Boys	Long Jump Girls: 10:00 – 11:30 (Open Pit)
400 Meter Relay (semi)	Girls	Long Jump Boys: 10:00 – 11:30 (Open Pit)
3200 Meter Relay	Boys	
3200 Meter Relay	Girls	Triple Jump follows Long Jump:
100 Meter Hurdles (semi)	Girls	Triple Jump Girls: 12:00 – 1:30 (Open Pit)
110 Meter Hurdles (semi)	Boys	Triple Jump Boys: 12:00 – 1:30 (Open Pit)
100 Meters (semi)	Boys	
100 Meters (semi)	Girls	Pole Vault: Boys then Girls 10:00am
1600 Meters	Boys	High Jump: Boys then Girls 10:00am
1500 Meters	Girls	
110 Meter Hurdles (final)	Boys	Discus: Boys 10:00 – 11:30 (Open Throws)
100 Meter Hurdles (final)	Girls	Discus: Girls 12:00 – 1:30 (Open Throws)
100 Meters (final)	Boys	
100 Meters (final)	Girls	Shot Put Girls: 10:00 – 11:30 (Open Throws)
400 Meters	Boys	Shot Put Boys: 12:00 – 1:30 (Open Throws)
400 Meters	Girls	
3000 Meter Steeplechase	Boys	* With Water Pit
2000 Meter Steeplechase	Girls	* With Water Pit
400 Meter Hurdles	Boys	
400 Meter Hurdles	Girls	
200 Meters (semi)	Boys	
200 Meters (semi)	Girls	*The Long and Triple jumps (4 jumps, no finals) as well as the Shot Put and Discus (4 throws, no finals) will strictly follow the times as listed above.
800 Meters	Boys	(OPEN PIT and OPEN THROWS)
800 Meters	Girls	REMIND YOUR ATHLETES!!!
3200 Meters	Boys	
200 Meters (final)	Boys	
200 Meters (final)	Girls	
3000 Meters	Girls	
400 Meter Relay (final)	Boys	
400 Meter Relay (final)	Girls	
1600 Meter Relay	Boys	
1600 Meter Relay	Girls	