

**WARRIOR/HAWK**  
**GIRLS TRACK INVITATIONAL**

So that there is a meet in the Syracuse area on the 28<sup>th</sup>, the Liverpool Invitational is being moved to the friendly confines of Central Square. Thanks go out to the Central Square School District for the use of their quality facility.

**Date:** April 26, 2008

**Time:** 10:00 A.M.  
First call for shot put, discus throw, long jump, triple jump, pole vault, and pentathlon hurdles

**Site:** Central Square Stadium  
Central Square High School

**Athletes:** This is a girls' only meet

**Facility:** The track is an eight lane, all-weather facility with excellent throwing and jumping facilities. Bathroom facilities will be available at the stadium ONLY. Blocks will be provided. Please do not bring any. 3/16" spikes ONLY.

**Format:** Each school is limited to two entries in each open event and one entry in the relay events. Two entries are allowed in the pentathlon. An athlete may compete in only three events. Do not put any Varsity athletes in the novice events. They are for your non-Varsity athletes only. Violation of this rule means disqualification for that athlete.

**Entries:** When you come to the meet, please have all of your entries on 3 x 5 cards for both field and track events.

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Please fill out your cards like this:

Event Name

School

Athlete's name

Seed effort

Competitor's number \_\_\_\_\_

**Rules:** Federation rules will be followed. Being listed as an alternate, will count as one of the athlete's events.

**Scoring:** There will be no team scoring to encourage coaches to enter athletes in a few events to promote excellent performances.

**Awards:** Places 1-8 will receive ribbons.

**Fees:** An entry fee of \$85.00 should be sent to Jennifer Colvin and made payable to:  
Central Square Track Boosters

**Officials:** Officials will be hired.

**Added Info:** There will be an excellent concession stand and T-shirts will be on sale.

Any further questions should be directed to

Jennifer Colvin

By phone 668-4231x 1153 (school),699-4916  
(home),436-0581(cell)or email  
jcolvin@cssd.org

OR

George Ball

email

gball@twcnny.rr.com

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School Name \_\_\_\_\_

Coach's name and address

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_ Yes, I will participate in the Warrior/Hawk Invitational

\_\_\_\_\_ No, but please mail me an entry next year

Please mail an intention sheet to:

Jennifer Colvin  
P.V.Moore High School  
44 School Drive  
Central Square, New York 13036

PLEASE MAIL THIS INTENTION SHEET WITH VOUCHER OR CHECK FOR  
\$85.00 MADE PAYABLE TO CENTRAL SQUARE TRACK BOOSTERS BY THE  
19TH OF APRIL.

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**ORDER OF EVENTS**

**10:00** SHOT PUT, LONG JUMP, PENTATHLON HURDLES,  
TRIPLE JUMP, POLE VAULT AND DISCUS THROW.  
JAVELIN THROW WILL BE DONE AFTER THE SHOT AND DISCUS.  
OPEN HIGH JUMP WILL START AFTER PENTATHLON HIGH JUMP IS OVER.

**11:00** 4 X 100 SEMIS  
3000 METER RUN  
400 METER LOW HURDLES  
4 X 100 RELAY FINALS  
800 METER RUN  
100 METER DASH TRIALS  
400 METER DASH TIMED FINALS  
100 METER HIGH HURDLE TRIALS  
100 METER SEMIS  
4 X 800 METER RELAY  
NOVICE 200 METER DASH (TWO ENTRIES ONLY- CAN'T DO VARSITY  
EVENTS)  
2000 METER STEEPLECHASE  
100 METER HIGH HURDLE SEMIS  
100 METER FINALS  
200 METER DASH TIMED FINALS  
NOVICE 800 (TWO ENTRIES ONLY- CAN'T DO VARSITY EVENTS)  
SPRINT MEDLEY RELAY  
4 X 400 METER RELAY  
100 METER HIGH HURDLES FINALS  
1500 METER RUN  
PENTATHLON 800 TO BE INSERTED WHEN READY OR AT THE END