

ELWOOD-JOHN H. GLENN INVITATIONAL

BOYS' AND GIRLS' TRACK MEET - MAY 9, 2009

Entry due: May 1, 2009

Name of School: _____

Coaches Name: _____

Coaches Phone # _____

Girls' Team _____

Boys' Team _____

Fee: \$175.00 per team _____ x number of teams = _____
\$ 10.00 individual _____ x number of individuals = _____
\$ 20.00 relay _____ x number of relays = _____

(Tear along dotted line and return)

Make checks payable to: Elwood Public Schools

Mail to: Elwood-John H. Glenn High School
c/o Joe Burke or Pat Burke
478 Elwood Road
East Northport, NY 11731

**STARTING TIME: 9:00 A.M. SHARP
MEDALS TO THE TOP SIX IN EACH EVENT
INCLUDING RELAYS**

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MEDALS TO THOSE ACHIEVING PERSONAL RECORDS

Please note: 1/8" pyramid spikes
Each athlete - three events (maximum)
Rain or shine
Seeding will be arranged verbally at the meet
Top 18 seeded in the 100, 200, and the high hurdles
*Note: If necessary, we will seed the top 24 in the 100 meter dash,
And run trials, semis, and finals. See order of events.*
Cards for relays and field events (name, school, and seed)
Only best throws will be measured

Elwood-John H. Glenn High School

Spring Track Invitational – May 9, 2009

Order of Events

Girls' Shot Put – 9:00 a.m. followed by Discus

Boys' Discus – 9:00 a.m. followed by Shot Put

Girls' High Jump – 9:00 a.m. followed by Boys' High Jump

Girls' Long Jump – 9:00 a.m. followed by Boys' Long Jump

Followed by Girls' Triple Jump, followed by Boys' Triple Jump

Boys' Pole Vault – 9:00 a.m. followed by Girls' Pole Vault (after the pole vault, a second jumping pit will be available for the long and triple jumps)

Clerking begins at 8:45 a.m.

First race at 9:00 a.m.

100/110 High Hurdles – Semis G/B

100 m Dash – Semis G/B (*or trials if necessary*)

3000/3200

110/100 High Hurdles – Final B/G

100 m Dash – Finals G/B (*or semis if trials are run*)

800 m run G/B

400 m run G/B

200 m Dash – Semis G/B

1500/1600 m Walk

400 I Hurdles G/B

200 m Dash – Finals G/B

1500/1600 m run

4 x 100 Relay G/B

4 x 400 Relay G/B

4 x 800 Relay G/B