

ELWOOD-JOHN H. GLENN INVITATIONAL

BOYS' AND GIRLS' TRACK MEET - MAY 14, 2011

Entry due: May 7, 2011

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 Athletic Club

Mail to: Elwood Athletic Club
Attn: Track Invitational
116 Cuba Hill Road
Greenlawn, NY 11740

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

+

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 14, 2011

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 is 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