

**5th Annual
Trent Jackson/ Cedric Walker Invitational Indoor Track & Field Meet
Saturday, January 14, 2017
10:00 a.m. to 6:00 p.m.
The College at Brockport**

Each school is allowed one entry per event. In individual events, a school may enter up to three entries if they have all met the standard.

	Boys	Girls
55m Dash	6.94	7.94
55m Hurdles	8.86	9.99
300m Dash	38.54	46.24
600m Run	1:29.94	1:48.94
1000m Run	2:48.94	3:20.24
1600m/1500m Runs	4:45.24	5:20.24
3200m/3000m Runs	10:30.24	11:20.24
Long Jump	18' 06"	13' 06"
Triple Jump	39' 00"	30' 00"
Shot	38' 00"	28' 00"
Pole Vault	10' 00"	8'00"
High Jump	5' 06"	4' 06"
1500m Race Walk	8:55.24	8:20.24
Weight Throw	40'00"	30'00"

Entries are due on Yen Timing by Wednesday, January 11 by 8:00 p.m. No late entries will be accepted. Entries will be checked on various websites.

Order of Events

1. Boys 1500m Race Walk
2. G/B 4 x 200m Relay
3. Girls 3000 m Run
4. Boys 3200m Run
5. G/B 55m Dash Semi's
6. G/B 1000m Run
7. G/B 55m Dash Finals
8. Girls 1500m Race Walk
9. G/B 55m Hurdles – Semi's
10. G/B 600m Run
11. Girls 1500m Run
12. Boys 1600m Run
13. G/B 300m Dash
14. B/G 55m Hurdles – Finals
15. G/B 200m Intermediate Hurdles (each school may enter **two male and two female athletes**)
16. G/B Distance Medley Relay (1200-400-800-1600)
17. G/B 4 x 800m Relay
18. G/B 4 x 400m Relay

Field Events

Boys and Girls Pole Vault (two pits)

Boys and Girls Long Jump, then Triple Jump (two pits)

Boys, then Girls Shot

Girls, then Boys Weight

Girls, then Boys High Jump

Scoring: 10,8,6,5,4,3,2,1

Awards: 1st, 2nd, 3rd – Medals

4th,5th,6th,7th,8th – ribbons

Team Awards 1st - 5th

Entry Fee:

Rochester Winter Track League members – included with your dues.

Non-Section V Teams

\$20 – individual

\$40 – Relay

\$150 – Single Sex Team

\$275 – Boys and Girls Team Combined

Please make checks payable to

Rochester Winter Track League

c/o Penfield Athletic Office

Penfield High School

25 High School Drive

Penfield, New York 14526

Other Important Information

1. An athlete may do three events
2. Do not arrive before 9:00 a.m.
3. The Brockport track is made up of a surface similar to Mondo. 1/4th inch spikes showing may be used.
4. Fee for spectators - \$4.00 for adults, \$3.00 for students
5. Entries will be made at Yen timing through the team account. Contact coachyen@gmail.com for entry related questions.
6. Shirts will be on sale.