

## **Alexander Trojan Invitational @ Attica High School**

Saturday April 20th, 2024

Start Time 10:00 Track and Field Events

**Facilities:** 8 lane all weather track, two long jump/triple jump pits, 2 pole vault runways (may use both pits depending on entries), two shot put circles, one discus circle. Concession stand with bathrooms located right next to the track.

**Fees:** \$350 per school

Make Checks payable to: **Alexander Varsity Club-Track and Field**

Send Checks to: Alexander Business Office 3314 Buffalo St. Alexander, NY 14005

Questions regarding payment:

Eric Romesser- Alexander Director of Athletics eromesser@alexandercsd.org

**Intent to participate please email [alandphair@atticacsd.org](mailto:alandphair@atticacsd.org) and [lspiotta@alexandercsd.org](mailto:lspiotta@alexandercsd.org)**

**LIMITATIONS:** Athletes Can Do Up To 4 Events. A Team May Enter 2 Athletes in field events and individual running events, and 1 Relay Team per School. Only ONE Pentathlete per school (1 male, and 1 female).

**Awards:** Medals for 1<sup>st</sup>-6<sup>th</sup>. Awarded on the podium immediately following each event.

**Entries:** Entries will be made on yentiming.com by Thursday April 18th at 8:00 p.m.

**Concessions:** There will be concessions available throughout the day including a food truck on campus. Invitational t-shirts will be available for purchase as well.

### **Field Events Order**

Boys and Girls Long Jump in Flights (4 jumps each)

Girls Shot put followed by Boys (4 throws each)

Boys Discus followed by Girls (4 throws each)

Boys and Girls High Jump following Pent ( Starting Heights Girls 4' Boys 5')

Girls Pole Vault followed by Boys (Starting Heights Girls 6' Boys 8')

Boys and Girls Triple Jump in Flights following long Jump (4 jumps each)

## **Track Order of Events**

Girl's Pentathlon 100m High Hurdles  
Girl's 100m High Hurdles – Final  
Boy's Pentathlon 110m High Hurdles  
Boy's 110m High Hurdles – Final  
Girl's 4x800m Relay – Final  
Boy's 4x800m Relay – Final  
Girl's 100m Dash – Final  
Boy's 100m Dash – Final  
Girl's Freshman/Sophomore Medley Relay (800-200-200-400)  
Boy's Freshman/Sophomore Medley Relay (800-200-200-400)  
Girl's 400m Dash – Final  
Boy's 400m Dash – Final  
Girl's 1500m Run – Final  
Boy's 1600m Run – Final  
Girl's 4x100m Relay – Final  
Boy's 4x100m Relay – Final  
Girl's 400m Intermediate Hurdles - Final  
Boy's 400m Intermediate Hurdles - Final  
Girl's 800m Run – Final  
Boy's 800m Run – Final  
Girl's 200m Dash – Final  
Boy's 200m Dash – Final  
Girl's 3000m Run – Final  
Boy's 3200m Run – Final  
Girl's Pentathlon 800m Run  
Boy's Pentathlon 1500m Run  
Girl's 4x400m Relay – Final  
Boy's 4x400m Relay – Final  
Girl's 4x100m Throwers Relay-Final  
Boy's 4x100m Throwers Relay-Final

## **Pent Order of Events**

100/110 Hurdles  
Boys and Girls High Jump  
Boys Long Jump and Girls Shot Put  
Boys Shot Put and Girls Long Jump  
800/1500