



3RD ANNUAL SOUTH SENECA INVITATIONAL

Date/Time: Friday May 10th 2024 5:00 pm

Location: South Seneca Central school

Facilities: 8 lane all-weather track with steeplechase
2 horizontal runways with all-weather surface
2 high jump and pole vault areas with all-weather surfaces
2 shot put and 1 discus areas with concrete surfaces

Entries: All entries will be entered on www.yentiming.com

Deadline: **Entries will close Wednesday, May 8th** at 8:00pm. No changes will be made after this point or the day of the meet, only 2 athletes in all running and field events. Only 1 relay team per event.

Entry Fee: \$300 per school. \$15 per individual athlete.

Make checks payable to: **South Seneca Track and Field**

Payment is due by May 9th.

Send payment to: Ken Ovenshire & Dave Zeitz -Meet directors

South Seneca High School Athletic Office

7263 main street, Ovid NY 14521

Scoring: Team scoring: 10,8,6,4,2,1

Awards: 1st place medals to all the winners of the events along with ribbons for 2st-6th place finishers. Trophies will be awarded to 1st place teams.

Heat Sheets: Will be emailed to all participating schools on May 10th:

Results: Results will be posted live through Yen Timing.

Invite shirts: South Seneca invitational shirts will be sold at the meet for \$20 Pre sale orders will have to be in buy **APRIL 1st**.

Questions: **Direct all questions and email your teams intent to participate ASAP to.**

Ken Ovenshire or David Zeitz

Email: kovenshire@southseneca.org

dzeitz@southseneca.org

Order of Events Field Events

Long Jump followed by Triple jump

Boys shot put/ Girls Discus

Girls West pit / Boys East pit

Girls HJ followed by Boys HJ

Pole vault girls then boys

Girls start 3'6 Boys start 4'6

Girls start 5'6 Boys start 7'0

**** 3 attempts for all jumps**

PENTATHLON ORDER OF EVENTS

GIRLS PENT 100 HURDLES, HJ, SHOT, LONG, 800

BOYS PENT 110 HURDLES, SHOT, HJ, LONG, 1500

G Pent 100 METERHURDLES

G 100 HURDLES

B Pent 110 HURDLES

B 110 HURDLES

G 4X800 METER RELAY

B 4X800 METER RELAY

G 100 METER

B 100 METER

G 2000 METER STEEPLECHASE

B 3000 METER STEEPLECHASE

G 400 METER

B 400 METER

G 1500 METER

B 1600 METER

G 4X100 METER RELAY

B 4X100 METER RELAY

G 400 METER HURDLES

B 400 METER HURDLES

G 800 METER

B 800 METER

G 200 METER

B 200 METER

G 3000 METER

B 3200 METER

B/G Pent 800-1500 run

G 4x400 METER RELAY

B 4X400 METER RELAY
