



2018 Legends of the Night Track and Field Invitational Hosted by Trumansburg Track and Field

Dear Coach:

We welcome you and your team to the Legends of the Night Track and Field Invitational Track Meet. The meet is scheduled for Friday, May 4, at 4:45 PM. This offers teams an option for a quality meet on the Friday, May 6th, and avoids a Saturday meet on a date that SAT's and proms are scheduled. In the case of thunder and lightning we would have a rescheduled date of Saturday, May 5, 9:00 AM start.

One relay team may be entered per event. Two entries per event (a 3rd entry will be allowed if all three meet the IAC class meet 3rd entry standard). Seeding names and times must be in by 6:00PM Wednesday, May 2nd. Athletes may only compete in 4 events. Bring index cards with names of relay team runners and two alternates to the coaches meeting. We will be elimination the coach's mile this year to add the steeple chase event.

Trophies will be given to the first and second place teams in the meet. Ribbons will be awarded to the top six finishers in each event. First place finishers will receive T-shirts. Scoring for the meet will be 10-8-6-4-2-1 for all events.

ENTRIES FEE: \$225 for both boys and girls teams. \$125 for only one team.

Make **checks** payable to: Trumansburg Boosters Club and mail to:
Trumansburg High School
c/o Neil DeRaiche
100 Whig St
Trumansburg, New York 14886

Please note: This invitational is being sponsored by a club -
Therefore, **we cannot process Purchase Orders.**

Please ask your school TO make out a check to:

Trumansburg Boosters and send it to Neil DeRaiche by March 30th, as his club is handling this aspect of the meet. We really appreciate your help with this. IAC schools can ask the IAC Treasurer to transfer the applicable funds.

ENTRIES MUST BE IN BY 6 PM Wednesday May 2nd, 2018

Late entries will be in the slow or unseeded heats



Specific Information

- Coaches meeting at 4:30pm on the infield. The shot and disc events begin at 4:45pm. The other field events and all running events begin at 5:00pm
- No substitutions will be allowed at the scratch meeting.
- Any athlete who is scratched from an event will not be allowed to compete from that point on. If an athlete is scratched at the coaches meeting before the meet, they are not allowed to compete in the meet.
- Athletes are allowed to compete in a maximum of 4 events.
- **Two entries per event (a 3rd entry will be allowed if all three meet the IAC class meet 3rd entry standard).** Only one relay team per relay event.
- Long jump and triple jump: 4 jumps, no finals
- Shot put and Discus: 4 throws, no finals
- High jump: Starts at 5'0" for boys and 4'0" for girls
 - **The High Jump will be run boys first, followed by girls. There will be a strict adherence to the 10 minute rule in order to get both events completed. If a jumper fails to report within their ten minute time frame they will be passed and/or faulted at that height.**
- Pole vault: starts at 8'6" for boys, and 6'6" for girls. Bring Pole Vault forms to the site of the event when signing in. .
- 110m/100m Hurdles, and 100m dash: 4 seeded heats, top 1 to finals, and next 3 fastest times. All others in unseeded heats. **8 to finals**
- **Distance events may use the box start to limit the number of heats**
- The 200m and up will be seeded heats.
- Scoring 10-8-6-4-2-1
- ¼ inch pyramids only
- No one on the infield except active participants or coaches.
- Bus unloading will be at the student parking lot, at the back entrance to the school. School buses then will park at the middle school. (Please see map)
- Tents are to be set up along the outside of the track fence, preferably on the soccer field, and the road parallel with the track.
- Please remind your AD's to pay the entry fee.
- **T-shirts will be available for sale**
- The concession stand will be open with a variety of dinner items available



Legends of the Night Track and Field Invitational Order of Events

| | | | |
|---------------------------|-----------------|-------|--|
| 400 Meter relay (semi) | | Girls | Long Jump Girls and Boys |
| 400 Meter relay (semi) | | Boys | Triple Jump follows Long |
| 3200 Meter relay | | Girls | Pole vault: Girls followed by Boys |
| 3200 Meter relay | | Boys | High Jump: Boys followed by Girls |
| 1500 Meter | | Girls | |
| 110 Meter Hurdles (final) | Yellow Marks 33 | Boys | |
| 100 Meter Hurdles (final) | Blue Marks 39" | Girls | Discus: Boys than Girls at <u>4:45</u> |
| 1600 Meter | | Boys | |
| 100 Meter (final) | | Girls | |
| 100 Meter (final) | | Boys | Shot Put: Girls than Boys 4:45 |
| 400 Meter | | Girls | |
| 400 Meter | | Boys | |
| 3000 Steeple | | Boys | |
| 2000 Steeple | | Girls | |
| 400 Meter Hurdles | Green Marks 30" | Girls | Girls jumping pit |
| 400 Meter Hurdles | Green Marks 36" | Boys | |
| 800 Meter | | Girls | |
| 800 Meter | | Boys | |
| 3000 Meter | | Girls | |
| 200 Meter (finals) | | Girls | |
| 200 Meter (finals) | | Boys | |
| 3200 Meter | | Boys | |
| 400 Meter Relay (final) | | Girls | |
| 400 Meter Relay (final) | | Boys | |
| 1600 Meter Relay | | Girls | |
| 1600 Meter Relay | | Boys | |

Girls horizontal jumping pit is the one closes to the Steeple
Boys horizontal jumping pit is the one closes to the field