

AQUINAS GIRLS FROSH-SOPH INVITATIONAL 2008

Due to many requests the Meet will be

DATE: TUESDAY MAY 20, 2008

SITE: AQUINAS INSTITUTE SCHOOL NEW ALL-WEATHER TRACK

4:00 PM

Meet Director – Coach Ray Manuszak – -

**ENTRY FEE: \$60 per team (\$10 / athlete) Plus Voucher for officials .
1 voucher per school covers both boys and girls meets.**

Checks & vouchers payable to:

**AQUINAS Girls Track, c/o Ray Manuszak
AQUINAS INSTITUTE
1127 Dewey Avenue
Rochester, New York 14613**

Please be sure to have entry fee on or before day of meet.)

**The meet will have two Divisions : Frosh; for 9th graders and qualified 7th and 8th graders. (Note: These athletes can move up into Soph Relays to complete team.)
Soph; for 10th graders (can not compete in the Frosh Races)**

ORDER OF EVENTS AND APPROXIMATE TIME ORDER:

4:00 Long jump (3 jumps) followed by Triple Jump (3)
4:00 Frosh Shot put (3) and Soph Discus (3)
4:00 High Jump (classes combined)
4:00 Pole Vault (classes combined)

1/4" spikes or less

1. 4:05 -- 4 x 800m Relay
2. 4:20 -- 4 x 100m Relay
3. 4:40 -- 100m High Hurdles - Final on time
4. 5:00 -- 400m Dash
6. 5:30 -- Frosh 1500m. Sections if needed
7. 5:45 -- 100m Finals
8. 5:55 -- Soph. 1500m " " "
9. 6:15 -- 400m Intermediate Hurdles
10. 6:30 -- 800m
11. 6:50 -- 200m. Finals on Time
12. 7:10 -- 3000m
13. 7:30 -- 4 x 400m Relay
14. 7:45 -- Pick up Awards Packet

*Frosh before Soph
in all events*

*Slow sections first in
timed final events*

AWARDS: Ribbons to TOP 1-8 in all INDIVIDUAL events.

TOP 1st thru 3rd in RELAYS

LIMITS: Any 3 events. An athlete may split his events between the 2 divisions, but may not compete in the same event in both divisions. No limit on entries per school.

ENTRY PROCEDURE:

1. Go to www.yentiming.com (coachyen@aol.com)
2. From Outdoor Track, Login to your team account
3. Add athletes to the Roster if they are not already there.
4. Choose "Meet Entry" and "Add Entry"
5. Select the Frosh-Soph meet from the list
6. Make your entries (be sure to select Frosh or Soph for level)
7. Use Relay Team A for your 4x100, 4x400,4x800 team.
8. You may sort and print your entries when done.

Problems? Email coachyen@aol.com - cell: 298-6921

MISCELLANEOUS: In the Shot Put, Discus Throw, Long and Triple Jump, all competitors will have 3 tries with no finals. High Jump Bar starts at 4' 2" and Pole Vault 6' 6".

RAIN DATE: If weather is extremely bad we will postpone until the following Thursday (May 24th).