

North Pocono Trojan Invitational

Brand new track facilities!

Compete under the lights!

FAT timing by Wil-Time!

April 21st, 2017, 5 p.m.

North Pocono Trojans Stadium
North Pocono Middle School
701 Church Street, Moscow PA 18403

Register online at pamilesplit.com

Fees:

\$150 per team

\$275 for both boys and girls teams

Or \$15 per event entry

**Make checks payable to North Pocono Boosters -
Memo: Invitational
2231 Maplewood Road, Jefferson Township PA 18436**

Contact Information:

**Jason Sepkowski - 570.842.4588 x 3219
or email jsepkowski@npsd.org**



PRIZES

- Medals to top 3 finishers.
- Top boys and girls team plaque
- Top overall boys and girls team

Sponsored by:



North Pocono Booster
Organization & NP
Track and Field



ORDER OF EVENTS

**On the track: (Girls, then Boys)
5 pm start**
100/110 Hurdles—preliminaries
100 M Dash—preliminaries
3200 M Relay
100/110 Hurdles—Finals
100 M Dash—Finals
1600 M
400 M
400 M Relay
300 Hurdles
800 M
200 M Dash
3200 M
1600 M Relay

ORDER OF EVENTS

**In the field: 5 pm start with boys discus
& girls javelin**
Boys—Discus Girls—Javelin
Boys—Javelin Girls—Discus
Boys—Shot put Girls—Shot put

**Jumps: 5 pm start with boys pole vault &
girls long jump**
Boys—Pole vault Girls—Long jump
Boys—Triple jump Girls—High jump
Boys—High jump Girls—Triple jump
Boys—Long jump Girls—Pole vault

All Registrations are done through milesplit.com
by April 20, 2017 @6 PM

pa.milesplit.com/meets/261781/



NORTH POCONO TROJAN INVITATIONAL

5PM FRIDAY, APRIL 21, 2017

Coaches & High School Athletes,

As the 2017 Track and Field season is approaching, North Pocono Track and Field wants to invite you to participate in our North Pocono Trojan Invitational for current high school teams and student-athletes this upcoming season. With the recent renovations of our Track and Field facilities, we are pleased to announce that a varsity boys and girls twilight meet will be held on **Friday, April 21st, 2017 at the North Pocono Middle School's Trojan Stadium** (formerly the High School) starting at **5 PM**. The meet will feature FAT timing by Wil-Time, field events under the lights, and a brand new renovated track facility to showcase your athletes.

Medals will be awarded for the top three finishers in each event, with a team plaque recognizing the top boys and girls teams, as well as an overall winner.

There will also be a concession stand for spectators and athletes that will provide drinks, food, and event t-shirts.

Registrations will be done via pa.milesplit.com. The link is pa.milesplit.com/meets/261781/. The fee for individual teams will be \$150 or \$275 for both boys and girls teams or \$15 per event entry. Checks should be made out the North Pocono Boosters; memo "Invitational" and mailed to 2231 Maplewood Road, Jefferson Township PA 18436 prior to the competition. We will also accept individual entries for \$15 per event. **The cutoff for registration is April 20, 2017 at 6 PM.**

All events will follow PIAA and established procedures and rules. Please be sure to bring your teams' PIAA Pole Vault certification forms.

A coaches' meeting will be held prior to competition at the scorer's tent in the infield at 4:30.

Athletes are required to wear their school issued uniforms in compliance to PIAA regulations and only 1/8" pyramid spikes are permitted on the track surface. Athletes are asked to remain off the field, until prior to their event to warm-up and called to the paddock area. Also, only clear liquids are allowed in the infield area.

There will be team bus parking available for all teams behind the North Pocono Intermediate (NPI) School which is adjacent to the stadium and the Middle School. All spectators can park at the Middle School/NPI parking lots.

Event contact information:

Jason Sepkowski, Head Track and Field Coordinator, North Pocono HS

Phone: (W) 570.842.4588 x 3219 (C) 570.650.9382

Email: jsepkowski@npsd.org



NORTH POCONO TROJAN INVITATIONAL
5PM FRIDAY, APRIL 21, 2017

The order of events are as followed:

ORDER OF EVENTS

On the track: (Girls, then Boys) 5 pm start

100/110 Hurdles —**preliminaries**

100 M Dash—**preliminaries**

3200 M Relay

100/110 Hurdles—**Finals**

100 M Dash—**Finals**

1600 M

400 M

400 M Relay

300 Hurdles

800 M

200 M Dash

3200 M

1600 M Relay

ORDER OF EVENTS

In the field: 5 pm start with boys discus & girls javelin

Boys—Discus

Girls—Javelin

Boys-Javelin

Girls—Discus

Boys—Shot put

Girls— Shot put

Jumps: 5 pm start with boys pole vault & girls long jump

Boys—Pole vault

Girls— Long jump

Boys—Triple jump

Girls—High jump

Boys— High Jump

Girls—Triple jump

Boys—Long jump

Girls— Pole vault