

# 15<sup>th</sup> Abington Heights Junior High Track & Field Invitational 2022

**Date:** Saturday April 29th

**Cost:** \$175.00 per team or \$300.00 for boys and girls teams. Checks should be made to Abington Heights High School, 222 Noble Rd. Clarks Summit, Pa 18411  
Attention: Enrico Mastroianni

**Time:** Field Events begin at 10:00 AM  
Track Events begin at 11:00 AM

**Events:** Each school will be able to enter 3 athletes per event on the track. Field events will be limited to 2. Each school may enter 2 relay teams.

**Awards:** Medals will be awarded to the top three finishers in each individual event. Only first place relay teams will receive medals. There will be a trophy for the winning boys and girls team as well as a trophy for the boys and girls team that scores the most points combined.

**Register:** Please email Coach Frank Passetti by April 7th if you are interested in participating ([coachpassetti@ahsd.org](mailto:coachpassetti@ahsd.org)). The meet will use FAT timing. Instructions for registering will be available on [pa.milesplit.com](http://pa.milesplit.com) as soon as the meet is uploaded.

**Questions:** Please call or text Frank Passetti at 570 904-1769 with any questions.

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School Name: \_\_\_\_\_ Boys: \_\_\_\_\_ Girls: \_\_\_\_\_

School Address: \_\_\_\_\_

Primary Contact: \_\_\_\_\_ Contact Phone #: \_\_\_\_\_

Contact E-Mail: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

# Order of Events

**Coaches' & Officials' Meeting 9:45am**

**All Track Events: Boys Followed by Girls (exception of Hurdle Finals)**

## Track Events (11am)

110m Hurdles-Trials

100m Hurdles-Trials

110m Dash Trials

4x800m Relay

110m Hurdles-Finals

100m Hurdles-Finals

100m Dash-Finals

### Officials Meal Break: (15 minutes)

1600m

4x100m Relay

400m

300m Hurdles

800m

200m-Finals

3200m

4x400m Relay

## Field Events (10am)

**ALL FIELD EVENTS WILL BE FINALS**

**ALL ATHLETES WILL GET 3 ATTEMPTS**

10:00 AM: GIRLS SHOT & BOYS' DISCUS / GIRLS DISCUS & BOYS' SHOT (TO FOLLOW)

GIRLS AND BOYS JAV (OPEN AFTER SHOT & DISC)

10:00 AM: BOYS HIGH JUMP / GIRLS HIGH JUMP (TO FOLLOW BOYS)

10:00 AM: GIRLS POLE VAULT / BOYS POLE VAULT (TO FOLLOW GIRLS)

10:00 AM TO 11:00 AM: GIRLS LONG JUMP

11:00 AM TO 12:00 PM: BOYS LONG JUMP

12:30 TO 1:30PM: GIRLS TRIPLE JUMP

1:30 TO 2:30PM: BOYS TRIPLE JUMP