



**5TH ANNUAL  
WALTER J. GODEK TWILIGHT INVITATIONAL AT NORTH POCONO  
FRIDAY, APRIL 21, 2023 @ 5PM**

Coaches & High School Athletes,

As the 2023 Track and Field season is approaching, the North Pocono Track and Field program wants to invite you to participate in our North Pocono Trojan Invitational for current high school teams and student-athletes this upcoming season. We are proud of our updated Track and Field facilities and are pleased to announce that a varsity boys and girls twilight meet will be held on **Friday, April 21st, 2023 at North Pocono's Trojan Stadium located at the NP Middle School, 701 Church St. Moscow, Pa (formerly the High School) starting at 5 PM.** The meet will feature FAT timing by Wil-Time, field events under the lights, and a first-class facility to showcase our region's athletes. Previous years' events were well-received and showcased some of the area's top athletes and teams. It provided a great competition, along with outstanding times and distances.

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 combined girls and boys 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](http://pa.milesplit.com).** The fee for individual teams will be \$150 or \$275 for both a boys and girls combined team or \$15 per athlete event entry. Checks should be made out to 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 of \$15 per event. **The cutoff for registration is April 20, 2023 at 6 PM.** *To ensure a timely event and allow the competition to move at a steadfast pace, entries may be limited.*

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 with 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. Team tents can be set up on the grass area at the scoreboard side of the stadium or on the visitor side bleachers.

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. Teams can enter the lower gate by the concession stands. All spectators should 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](mailto:jsepkowski@npsd.org)**



**NORTH POCONO TROJAN INVITATIONAL  
5PM FRIDAY, APRIL 21, 2023**

**The order of events are as followed:**

**ORDER OF EVENTS**

**On the track:** (Girls, then Boys) 5 pm start immediately following the National Anthem

100/110 Hurdles —**preliminaries**

100 M Dash—**preliminaries**

3200 M Relay

100/110 Hurdles—**Finals**

100 M Dash—**Finals**

1600 M

400 M Relay

400 M

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 (under lights)      Girls— Shot put (under lights)

**Jumps:** 5 pm start with boys pole vault, girls high jump, and boys & girls long jump (open pit during posted times)

Boys/Girls— Long jump (**open pit, 5:00 - 6:15**)

Boys—Pole vault              Girls—High jump

Boys/Girls — Triple Jump (**open pit, 6:15 - 7:30**)

Boys— High Jump              Girls—Pole Vault