

Directions

From Scranton:

Take Rt. 590 to Hawley
Turn right at the intersection of 590
and Rt. 6... ½mile. The school is
on the right.

From the Stroudsburg area:

Take Rt. 402 to Rt. 6. Turn left
onto Rt. 6. Go about 4 miles. The
high school is on the left.

There is NO RAIN DATE this year.
If severe weather prevents the
running of the event, refunds will
be issued to teams.

For more information contact:

Mark McHugh

(570)226-4557 x4105

mchughma@wallenpaupack.org

This year we have decided to
dedicate our Ice Breaker relays
in honor of Half of Fame Coach
John Tintle. John coached very
successful Cross Country and
Track & Field teams for over 30
years in our school district -
helping to establish the rich
tradition we have today.

26th Annual John Tintle

Ice Breaker Invitational

Saturday, April 15,
2023

9:00 a.m. — 3:00 p.m.

Wallenpaupack Area



School District

•Please enter all
information into Penn
Track [http://
pa.milesplit.com/](http://pa.milesplit.com/)

•Please input the names
and performances of
both A and B teams for
ALL events.

•You may scratch or
change athletes at the
meet, but the meet will
be pre-seeded based on
the times you submit.

•Entries must be
submitted by 9 p.m. on
4/14/23.

•Entrance fees are \$150
for each boys team and
\$150 for each girls team.

•Trophies will be
awarded for 1st place
boys & girls and for
overall team champion.

•Individual medals will
be awarded to 1st, 2nd
and 3rd places.

•T-Shirt and refreshment
stands will be open all
day.

Scoring & Procedures **NEW JAVELINE RUNWAY for 2023!**

FAT Timing System will be utilized during the relays with live results available at <http://www.wil-time.com>.

Events will consist of 8 Running events and 7 Field events.

Field events will consist of 2 athletes per team and their best performances will be combined.

Track events will be seeded in lanes and heats; worst to best based on times.

A & B Teams will be allowed to enter and qualify for medals.... but only A teams will count in the team scoring.

Team Scoring will be 10-8-6-4-3-2-1.

Open pit areas will be conducted with a 2 hour limit per event in the jumping and pole vault areas. A maximum of 6 jumps will be permitted in the High Jump and Pole Vault events.

Throwing Events will be flighted according to seed. Lower seeds throw 1st.

Wallenpaupack has a 6 lane track. 1/8" spikes are allowed in all areas.

Warm-ups are permitted prior to each event when it is called, but we ask that you keep the infield clear during events and not distract the runners.

Coaches meeting will begin promptly at 9:00AM in the high school cafeteria. Procedures and questions will be addressed.

Gym will be available to all competitors (weather permitting).

A certified licensed trainer will be available throughout the competition.

Event Order
3 x 100 Hurdles based on time
3 x 110 Hurdles based on time
Co-Ed Distance Medley 1200-400-800-1600 boy,girl,boy,girl
4 x 100 Relay
3 x 300 Shuttle Hurdle
Mid-Distance Medley 800-400-400-1200
Co-Ed Sprint Medley 200-200-400-400 boy and girl in both 200 and 400
4 x 800 Relay
4 x 400 Relay
High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put
Discus
Javelin