

**WOODROW WILSON MIDDLE SCHOOL
TRACK & FIELD INVITATIONAL
THURSDAY, MAY 16, 2019**

The Woodrow Wilson Track & Field Invitational will take place at the Woodrow Wilson Middle School track on Thursday, May 16, 2019. (School address: 1 Wilderman's Way, Middletown, CT) The track is located in front of the school. Teams should enter the front gate to check in. Entry Deadline Monday May 13 at 9 pm – www.plattsys.com

FACILITY: Woodrow Wilson School Track: 6 lanes with 8 lanes for the 100m. All running surfaces, long jump and high jump area are rubber composition, 1/4" spikes or shorter are allowed. Shot and discus will be thrown from regulation concrete circles - no spikes allowed.

SCORING: Team scores will be calculated: points will be awarded to either the top 8 or top 6 teams depending on the number of competing schools. 10-8-6-5-4-3-2-1 or 10-8-6-4-2-1

There will be automatic timing by Platt timing systems. Coaches will have to input their athletes times and distances on the website.

PARTICIPATION: 3 events per athlete; **Please note the following change: 3 athletes/school in the 100m, 4 athletes for all other events for each school;** 1 entry for the relays (one 4x100 relay and one 4x400 relay per school)

AWARDS: Medals will be awarded to the top 3 in each event and individual ribbons will be awarded to the next 5 places in each event. Team awards will be awarded to the first and second place boys' and girls' teams.

AUTHORITY: National Federation rules will apply.

ORDER OF EVENTS: For all running events, girls will compete first, followed by boys

3:00PM	Shot boys (4kg) followed by girls (6 lb) Discus 1 kg. (girls), followed by Discus 1kg (boys) Long Jump (boys then girls) High Jump (girls -3'6" then boys 4'0)
3:30PM	4x100m relay 1600m 400m 100m 800m 200m 4x400m relay

The concession stand will be open and T shirts will be sold at the event.

COST: The cost of the event is **\$175.00** per school (girls and boys) made payable to:

Woodrow Wilson Middle School Track & Field

Please send to:

Deb Petruzzello

Woodrow Wilson Middle School

1 Wilderman's Way

Middletown, CT 06457

Checks should be received no later than May 17th.

Coach Shaun Murdock - murdocks@mpsct.org

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