

THE VIKING INVITATIONAL

Wed April 20, 2011

@ St. Joseph by-the-Sea H.S. – Staten Island, N.Y

FINAL TIME SCHEDULE

RUNNING EVENTS - TIME SCHEDULE

| | |
|------|--|
| 3:45 | Varsity Girls 400 Hurdles |
| 3:50 | Varsity Boys 400 Intermediate Hurdles |
| 3:55 | Varsity Boys 4x1600 Relay |
| 4:20 | Varsity Girls 4x200 Relay – <i>Final on Time</i> |
| 4:30 | Varsity Boys 4x200 Relay – <i>Final on Time</i> |
| 4:40 | Varsity Girls 4x800 Relay |
| 4:55 | Varsity Boys 4x800 Relay |
| 5:05 | Frosh Girls SMR (400-200-200-800) |
| 5:15 | Frosh Boys SMR (400-200-200-800) |
| 5:25 | Soph Girls 4x800 |
| 5:40 | Soph Boys 4x800 |
| 5:50 | Varsity Girls DMR (1200-400-800-1600) |
| 6:10 | Varsity Boys DMR (1200-400-800-1600) |
| 6:25 | Varsity Boys 110 High Hurdles – <i>Final on Time</i> |
| 6:35 | Varsity Girls 100 Hurdles – <i>Final on Time</i> |
| 6:45 | Frosh Boys 4x400 Relay |
| 6:55 | Soph Boys 4x400 Relay |
| 7:05 | Varsity Girls 4x400 Relay |
| 7:15 | Varsity Boys 4x400 Relay |

FIELD EVENTS – TIME SCHEDULE

| | |
|---------|--|
| 3:45 PM | Boys Varsity Shot Put (Girls to follow) |
| 4:45 PM | Boys Varsity Discus (Girls to follow) |
| 3:45 PM | Girls Varsity Pole Vault Boys Varsity & Frosh Pole Vault to follow (<i>separate medals</i>) |
| 3:45 PM | Girls Varsity Long Jump (Boys to Follow) |
| 4:45 PM | Girls Varsity Triple Jump (Boys to Follow) |
| 3:45 PM | Boys Varsity High Jump (Girls to Follow) |
| 5:45 PM | NEW Boys Javelin (Girls to Follow) |

NOTES:

- * Medals to the Top 5 = Medals will be packaged throughout the meet, pick up before you go!
- * We will look to run ahead if possible
- * The check-in area will be in the infield
- * On each relay card, put the school name, 4 athletes names and a seed time – Denote “A”, “B” etc..
- * Stickers in the hurdle races, no stickers in any field events
- * In the field events, 4 jumps/throws – No Finals
- * Our goal is to run a quick meet and combine fast times and fun
- * Two event rule for boys/girls.

THE VIKING INVITATIONAL

Wed April 20, 2011

@ St. Joseph by-the-Sea H.S. – Staten Island, N.Y

ENTRY FORM

BOYS

VARSIY 4X1600 _____
VARSIY 4X200 _____
VARSIY 4X800 _____
VARSIY DMR _____
VARSIY 4X400 _____
SOPH 4X800 _____
SOPH 4X400 _____
FROSH SMR _____
FROSH 4X400 _____

VARSIY 400 IH _____
VARSIY 110 HH _____

VARSIY LJ _____
VARSIY TJ _____
VARSIY HJ _____
VARSIY PV _____
FROSH PV _____
VARSIY SHOT _____
VARSIY DISCUS _____

GIRLS

VARSIY 4X1600 XXXXXXXXX
VARSIY 4X200 _____
VARSIY 4X800 _____
VARSIY DMR _____
VARSIY 4X400 _____
SOPH 4X800 _____
SOPH 4X400 XXXXXXXXX
FROSH SMR _____
FROSH 4X400 XXXXXXXXX

VARSIY 400 H _____
VARSIY 100 H _____

VARSIY LJ _____
VARSIY TJ _____
VARSIY HJ _____
VARSIY PV _____
FROSH PV XXXXXXXXX
VARSIY SHOT _____
VARSIY DISCUS _____

TOTAL # OF RELAYS - _____ X \$18.00 = \$ _____

TOTAL # OF INDIV EVENTS - _____ X \$6.00 = \$ _____

MAIL ENTRY AND CHECK TO:

CHRIS MANCUSI
VIKING INVITATIONAL
132 DEMOPOLIS AVE
STATEN ISLAND, NY 10308

\$ _____

TOTAL ENTRY FEE

CHECKS PAYABLE TO ST. JOSEPH BY-THE-SEA H.S.

\$350.00 BLANKET FEE PER TEAM (MALE OR FEMALE)

\$600.00 COMBINED

SCHOOL NAME

ADDRESS

CITY

STATE

ZIP

COACH NAME

COACH PHONE

COACH E-MAIL

ENTRIES DUE FRIDAY APRIL 15, 2011 – Contact CoachMancusi@aol.com for more info