

East Coast Youth Invitational

Sunday February 27th, 2022

ENTRY PROCEDURE: Entries will be done online through Athletic.net (<https://www.athletic.net/TrackAndField/meet/447492/register>)

ENTRY DEADLINE: Wednesday February 23rd, 2022, at 11:59 pm.

ENTRY FEE: \$20.00 per individual (3 running events per athlete)

SPECTATOR FEE: Spectator Tickets will be \$10.00

AWARDS: Top 3 in each event medals 4th, 5th and 6th Ribbons

SPOTLIGHT AWARDS: 1st place will receive a Backpack + Trophy

2nd and third place will receive medals. 4th, 5th, and 6th Ribbons

PACKET PICKUP: Packet pick-up will be available at the desk by the finish line. No athletes or parents at check in.

SPIKES: 1/4 Pyramid spikes ONLY.

TIMING: Fully Automatic Timing + Live Results on athletic.live

NOTEABLES: Heats will run fast to slow on the track. Hurdle and Dash is final on time. Blocks will be permitted for all 15-18 athletes.

SCORING: 1 st – 10, 2nd – 8, 3rd – 6, 4 th – 5, 5th – 4, 6th – 3,

The top 3 combined team will receive a trophy based on the scoring table above.

MINIMUM MARKS: Below are the opening heights for High Jump

High Jump Opening Heights

9-10 3'4

11-12 3'6

13-14 4'0

15-18 4'4

Order of Events

Throwing Events (Shot Put)

(2 practice throws)

9:00am	Age 7-8 & 9-10 B/G	Circle 1 (Left Side of the Scoreboard)
9:45 am	Age 11-12 B/G	Circle 1 (Left Side of Scoreboard)
9:00am	Age 13-14 B/G	Circle 2 (Right Side of Scoreboard)
10:00am	Age 15-18 G	Circle 2 (Right Side of Scoreboard)
11:00 am	Age 15-18 B	Circle 2 (Right Side of Scoreboard)

Long Jump (1 pit only)

(No run backs)

Rolling Schedule

9:00am	Age 7-8 Girls & 9-10 Girls
	Age 7-8- Boys & 9-10 Boys
	Age 11-12-Girls & 13-14 Girls
	Age 11-12-Boys & 13-14 Boys
	Age 15-18 Boys & 15-18 Girls

Track Events Rolling Schedule, Fast - Slow for Overall Events - Boys then Girls

9:00am

4X200m Relay (7-8) (9-10) (11-12) (13-14) (15-18)

3000m (11-12) (13-14) (15-18) (We may combine age groups by gender based on field size)

55m Hurdles (11-12) (13-14) (15-18)

55m(Final) (5-6) (7-8) (9-10) (11-12) (13-14) (15-18)

(Run at the same time as the 400m)

400m (7-8) (9-10) (11-12) (13-14) (15-18)

(Run as the same time as the 55m dash)

800m (7-8) (9-10) (11-12) (13-14) (15-18)

200m (5-6) (7-8) (9-10) (11-12) (13-14) (15-18)

***** Spotlight Event**

Competition Year 2022 Are As Follow:

Age Division	Year of Birth
6 and under	2016-2018
7-8	2014-2015
9-10	2012-2013
11-12	2010-2011
13-14	2009-2008
15-18	2004-2005

2003 athletes must not turn 19 before July 31st, 2022