

East Coast Invitational

Event Dates: January 13 & 14, 2017
Registration Deadline: 6 p.m. January 8, 2017
Registration: On-line through Directathletics.com
Location: Providence Career & Technical High School
 91 Fricker Street
 Providence, RI 02903
Cost: Each Individuals Event: \$10. Relays: \$15
Sanctioned: RI, CT, MA, ME, NH, NJ, NY, VT, PA, N.C., S.C., GA. DE
 (open to all NFHS Schools)

# Accepted	Event/Boys and Girls		Standards	
			Boys	Girls
All	55m Hurdles	Semis & Final	9.9	11.0 (FAT)
All	55m Dash	Semis & Final	7.2	8.2 (FAT)
All	400m Dash	Finals	58.5	69.9
All	800m Run	Finals	2:20	2:40
All	Mile Run	Finals	5:10/4:48 1500	6:00/5:35 1500
24	2 Mile Run	Finals	10:30/9:45 3K	12:15/11:22 3K
All	4x200 relay			
All	4x400 relay			
All	4x800m			
All	SMR			
All	Shuttle Hurdle Relay	Semis & Final		

*B and C Relay Teams Accepted in all relays

Field Events (8 to Finals)

18	Pole Vault		Opening height 9-0 boys /7-0 girls
24	Long Jump	2 Flights	No mark under 18-06' boys/14-6' girls*
24	High Jump		Opening height 5-6' boys/4-6' girls
24	Championship Weight Throw	2 Flights	No mark under 50' boys/40' girls*
All	Emerging Weight Throw		All throws marked
24	Championship Shot Put	2 Flights	No mark under 45' boys/30' girls*
All	Emerging Shot Put		All throws marked

*First legal throw/jump will be measured regardless of Distance

Event Schedule

(Girls followed by Boys unless noted) (Fastest Heats will run First)

Friday, January 13th

- Shuttle Hurdle Relay 6:30 p.m. (4 x 55M@ 33" Girls/
39" Boys) Semis & Final
- Sprint Medley Relay (200-200-400-800)
- 4x800

Saturday, January 14th

- Youth Mile 9:00 a.m.
- Open Mile 9:30 a.m.
- 4 x 200m
- 55H
- 55m
- High School Mile Auto qualifier for New Balance Indoor Grand Prix
- 55H Finals (Boys followed by Girls)
- 55 m Finals
- 400m
- 2 Mile
- 800 m
- 4 x 400

Saturday Field Events

- Championship Weight Throw Top 24 10 a.m. (Boys followed by Girls)
- Emerging Weight Throw Unlimited (Boys followed by Girls)
- Shot put Top 24 10 a.m. (Girls Followed by Boys)
- Emerging Shot Put Unlimited (Girls Followed by Boys)
- Long Jump Top 24 9 a.m. (Boys Followed by Girls)
- Pole Vault Top 18 10 a.m. (Girls Followed by Boys)
- High Jump Top 24 10 a.m. (Boys followed by Girls)

Eligibility:

Athletes may compete in 4 events, only 2 of which may be individual. Athletes must officially represent their school. NFHS rules regarding uniforms and jewelry will be enforced.

Entry Fees

Individual: \$10 per event; Relay event - \$15

Team Cap: \$225 per gender

Make checks payable to RITCA

Mail to: Stephen Turgeon /Meet Director, 20 Charles St., Barrington RI 02806.

Entry fee must be paid prior to the meet. A purchase order is acceptable. Schools that enter the meet are responsible for the entry fee regardless of participation.

Qualifiers

Qualifiers will be posted on the meet web site eastcoastinvitational.org by January 10, 2017.

Please notify the meet director as soon as possible if your athlete withdraws from an individual event.