

East Coast Invitational

Event Dates: January 18 & 19, 2019
Registration Deadline: 6 p.m. January 13, 2018
Registration: On-line through Directathletics.com
Location: Providence Career & Technical High School
 91 Fricker Street
 Providence, RI 02903
Cost: Each Individual Event: \$10. Relays: \$20
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

All*	55m Hurdles	Semis & Final
All*	55m Dash	Semis & Final
All*	200m Dash	Finals
All*	400m Dash	Finals
All*	800m Run	Finals
All*	Mile Run	Finals
36	2 Mile Run	Finals
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
36	Long Jump	No mark under 18-06' boys/14-6' girls#
30	High Jump	Opening height 5-6' boys/4-6' girls
24	Championship Weight Throw	2 Flights All throws marked
All*	Emerging Weight Throw	All throws marked
24	Championship Shot Put	2 Flights All throws marked
All*	Emerging Shot Put	All throws marked

*Meet management reserve the right to cap fields with more than 100 entries
 #First legal jump will be measured regardless of distance

Event Schedule

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

Friday, January 18th

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

Saturday, January 19th

- | | |
|--------------------|--|
| • 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 | (Athlete may enter either 200 or 400, not both) |
| • 200m | |
| • 800m | |
| • 2 Mile | |
| • 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 36 | 10 a.m. (Boys Followed by Girls) |
| • Pole Vault | Top 18 | 10 a.m. (Girls Followed by Boys) |
| • High Jump | Top 30 | 10 a.m. (Girls followed by Boys) |

Eligibility:

Athletes may compete in 4 events, only 2 of which may be individual. Athletes must officially represent their school.

Entry Fees

Individual: \$10 per event; Relay event - \$20

Team Cap: \$250 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 15, 2019. Please notify the meet director as soon as possible if your athlete withdraws from an individual event.