East Coast Invitational

Event Dates:	January 16, 2027
Registration Deadline:	6 p.m. January 10, 2027
Registration:	On-line through Athletic.net or ri.milesplit.com (Enter on one site only. Entries Open Dec. 1, 2026)
Location:	Providence Career & Technical High School 91 Fricker Street, Providence, RI 02903
Cost:	Each Individual Event: $15. Relays: $20
Website:	Eastcoastinvitational.org
Sanctioned:	RI, CT, MA, ME, NH, NJ, NY, VT, PA (open to all NFHS Schools)

# Accepted	Event	
120	55m Hurdles	Trials & Final
120	55m Dash	Trials & Final
100	200m Dash	Finals
100	400m Dash	Finals
100	800m Run	Finals
100	Mile Run	Finals
36	2 Mile Run	Finals
All	Shuttle Hurdle Relay	
All	4x200 relay	
All	4x400 relay	
All	4x800m	

B and C Relay Teams Accepted in all relays.

Field Events (9 to Finals)

18	Pole Vault		Opening height 9-0’ boys /7-0’ girls
60	Long Jump		All jumps marked
30	High Jump		Opening height 5-4' boys/4-4' girls
24	Championship Weight Throw	2 Flights	All throws marked
All	Emerging Weight Throw		Min Distance: Boys 30’; Girls 25’ First legal throw marked. Minimum distance required for additional marks
24	Championship Shot Put	2 Flights	All throws marked
72	Emerging Shot Put		All throws marked

Event Schedule

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

Saturday, January 16th

- Youth Mile 9:00 a.m.
- Shuttle Hurdle Relay
- 4 x 200m 10:00 a.m.
- 55H
- 55m
- Girls Mile
- 55H Finals (Boys followed by Girls)
- 55 m Finals
- Boys Mile
- 400m (Athlete may enter either 200 or 400, not both)
- 200m
- 800m
- 2 Mile
- 4 x 400
- 4 x 800

Saturday Field Events

• Championship Weight Throw	Top 24	10 a.m. (Girls followed by Boys)
• Emerging Weight Throw	Unlimited	(Boys followed by Girls)
• Championship Shot Put	Top 24	10 a.m. (Boys Followed by Girls)
• Emerging Shot Put	72	(Girls Followed by Boys)
• Long Jump	60	10 a.m. (Boys Followed by Girls)
• Pole Vault	18	10 a.m. (Girls Followed by Boys)
• High Jump	30	10 a.m. (Girls followed by Boys)

Eligibility:

Athletes may compete in 4 events. Athletes must officially represent their school.

Entry Fees

Individual: $15 per event; Relay event - $20
Team Cap: $400 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 for accepted athletes regardless of participation.

Qualifiers

Qualifiers will be posted on the meet web site eastcoastinvitational.org by January 13, 2027.
Please notify the meet director as soon as possible of scratches in individual events.

Spectator Fee

$5 per person