

14TH Abington Heights Jr. High Track and Field Invitational 2022

Date: Saturday April 30th (Rain Date: May 1,2022)

Cost: \$175.00 per team or \$275.00 for boys and girls teams. Checks should be made to Abington Heights High School, 222 Noble Rd. Clarks Summit, Pa 18411
Attention: Randy Hanyon

Time: Field Events begin at 10:00
Track Events begin at 11:00

Events: Each school will be able to enter 3 athletes per event on the track. Field events will be limited to 2. Each school may enter 1 relay.

Awards: Medals will be awarded to the top three finishers in each individual event. Only first place relay teams will receive medals. There will be a trophy for the winning boys and girls team as well as a trophy for the boys and girls team that scores the most points combined.

Register: Please email Coach Frank Passetti by April 8th if you are interested in participating. (coachpassetti@ahsd.org) The meet will use FAT timing. Instructions for registering will be available on pa.milesplit.com as soon as the meet is uploaded.

Questions: Please call or text Frank Passetti at 570 904-1769 with any questions.

Order Of Events

Coaches' & Officials' Meeting 9:45am

All Track Events: Boys Followed By Girls (exception of Hurdle Finals)

Track Events (11am)

110m Hurdles-Trials

100m Hurdles-Trials

110m Dash Trials

4x800m Relay

110m Hurdles-Finals

100m Hurdles-Finals

100m Dash-Finals

Officials Meal Break: (15 minutes)

1600m

4x100m Relay

400m

300m Hurdles

800m

200m-Finals

3200m

4x400m Relay

Field Events (10am)

ALL FIELD EVENTS WILL BE FINALS

ALL ATHLETES WILL GET 3 ATTEMPTS

GIRLS SHOT AND BOYS' DISCUS (10AM)

GIRLS DISCUS AND BOYS' SHOT (TO FOLLOW)

GIRLS AND BOYS JAV (OPEN AFTER SHOT & DISC)

GIRLS LONG JUMP (10 TO 11AM)

BOYS LONG JUMP (11AM TO 12PM)

GIRLS TRIPLE JUMP (12:30 TO 1:30PM)

BOYS TRIPLE JUMP (1:30 TO 2:30PM)

BOYS HIGH JUMP(10AM)

GIRLS HIGH JUMP (TO FOLLOW BOYS)

GIRLS POLE VAULT (10AM)

BOYS POLE VAULT(TO FOLLOW GIRLS)