James Cross Wilkes-Barre Invitational  
May 6, 2017  
The Plains Solomon Complex  
Plains, PA  
Hosted by James M. Coughlin   
  
This year’s meet will have FAT timing by Wil-Time Event Management. Again, this is a great “Last Chance” meet to get to get qualifying marks for the district meet.   
  
Open to PA Schools only  
  
Costs are as followed:  
$150.00 per team or $250.00 for boys and girls, plus an aide to work an event. Aids will be assigned by the steering committee.  
Individuals $8.00 for 1 event, $15.00 for 2 events, $20.00 for 3 or 4 events10.00 individual entry or relay.

A blank Eligibility List to be signed by the principal. (All athletes competing, including relay alternates must be listed on the eligibility list accompanied with the principal's signature.) Checks and eligibility lists may be brought to the meet or mailed to: Coughlin Track Booster Club C/O Paul McGrane 38 Grebe St. Wilkes-Barre, PA 18702 570 407-2830  
  
**PLEASE HAVE YOUR AD'S SUBMIT PROOF OF INSURANCE, INDICATING WBASD AS AN ADDITIONAL INSURED FOR THE DAY OF THE EVENT. THIS ITEM MUST BE SUBMITTED NO LATER THAN WEDNESDAY APRIL 26, 2017 IN ORDER TO COMPETE.** Please fax them to 570-819 5037 C/O Paul McGrane. asap. Our administration is adamant about these being handed in early.  
  
**IF ATHLETES ARE COMPETING ON AN INDIVIDUAL BASIS, THEY MUST STILL HAVE THE ENTRY FOR THE TEAM AND THEIR AD’S MUST SUBMIT PROOF OF INSURANCE, INDICATING WBASD AS AN ADDITIONAL INSURED FOR THE DAY OF THE MEET.**  
  
Awards - Medals will be given to the top 3 individuals and members of the top 3 relay teams. This year there will be a team title awarded to the top Girls and Top Boys team. Team scoring will be 10-8-6-4-2-1. All athletes entered may not participate in more than 4 events.  
  
This year all entries will be submitted on line [pa.milesplit.com](http://pa.milesplit.com/). Please claim and enter your team early.  
  
A tentative time schedule. The meet will run in a rollover fashion that is we will run the meet through with no breaks. Additions and scratches will be allowed from 12:30 to 1:00 prior to the coaches meeting. Please come early if you have a change. With Wil-Time Management please enter athletes selectively to make for a smooth meet. We will move ahead of schedule when possible. Please listen to the announcements for first call.  
  
Entries must be submitted to [pa.milesplit.com/](http://pa.milesplit.com/) no later than May 5, 2016 at 10:00 AM.  
  
The Plains Solomon facility is a no smoking facility.  
  
Tee shirts will be available.  
  
Meet Rules and General Procedures  
IMPORTANT- The Coughlin Track and Field, Wilkes-Barre Area School District, Meet personnel, and Meet Director will not assume responsibility or be held liable in event of an injury to any spectator or contestant.  
  
ABSOLUTELY NO ONE WILL BE PERMITTED INTO PLAINS SOLOMON MIDDLE SCHOOL.  
  
Schools may enter unlimited number of athletes in an event, but please seed thoughtfully.  
  
The Seeding Committee reserves the right to make final decisions of heats and sections.  
  
The 1600 relay start will be decided in the paddock based on the qualifying times and number of teams in the event. The Seeding Committee reserves the right to start in lanes or group start.  
  
All competitors in the long and triple jump, shot put, discus and javelin will be given 4 jumps.  
  
Note- field events will run straight through. If you miss your final attempts because you are at another event, no make ups will be allowed. Please schedule your athletes accordingly.  
  
Inclement Weather- No refunds. Meet management reserves the right to cancel events in case of poor weather. If weather conditions warrant the cancellation of the meet, a meet cancellation message will be left on answering machine at 9:00 am the day of the meet. Please call 570 407 2830.  
  
Please observe "NO PARKING" SIGNS.  
  
Team packets will be available at the concession stand. Locker Accommodations will not be available due to the number of participants.  
  
Spikes- 3/16" are recommended. Spikes longer than 3/16" are not allowed and will result in disqualification of any athlete found wearing them..  
  
Please keep athletes off the track and football field until their first calls are announced.

Results will be announced and placed on PENNTRACKXC at pa.milesplit.com

Order of Events  
1:00 COACHES MEETING  
Field Events  
1:30 Boys Triple Jump (Open Pit)  
2:00 Boys Javelin, Pole Vault  
2:00 Girls Shot Put, high jump  
2:45 Girls Triple Jump (Open Pit)  
4:00 Boys Long Jump (Open Pit)  
5:15 Girls Long Jump (Open Pit)  
  
Opposite sex will begin 15 minutes after completion of previous competition. Girl's Discus will begin 15 minutes after completion of the Javelin and Shot Put. Boy's Discus will begin 15 minutes after completion of the Girls Discus.  
Javelin will be thrown of grass.  
There will be a section reserved for team camps located on the backstretch near the Solomon Plains Locker rooms.  
There will not be an entrance fee this year for spectators, but there will be a parking fee for all cars except school vans and buses.  
  
Tentative Running Events  
Time Gender Event  
2:00 girls- boys 100H 110 H Trials  
girls-boys 100 Trials  
girls-boys 3200Relay  
Break  
girls 100H Finals  
boys 110H Finals  
girls-boys 100 Finals  
girls-boys 1600 Finals  
girls-boys 400  
girls-boys 400 Relay  
girls-boys 300 Hurdles  
girls-boys 800  
girls-boys 200 finals on time  
girls-boys 3200  
girls-boys 1600 Relay  
  
  
Paul McGrane  
Head Track & Field Coach   
Head Cross-Country Coach

Email: pmcgrane@hotmail.com  
Coughlin High School  
570 826-7201 School  
570-819 5037 –Fax  
570-407 2830 - Cell