38th Annual Johnstown Invitational 2019  
May 3rd, 2019

**Where:** Knox Field- Johnstown, Scratches will be due at 3:30pm, Coaches Meeting at 3:45pm, Meet will begin at 4:00pm

**Timing:** This meet will be FAT provided by First Across Timing Service.

**Entry Fee:** $175 per co-ed entry, $100 single gender team, $20 per individual entry.

Checks should be made out to Sir Bill Athletics.

**Entries: GROUP 3 schools or smaller are invited.** Two entries per school per event, one relay team per school, and two wildcards. Entries need to be submitted online at [ny.milesplit.com](http://ny.milesplit.com/). ***Entries are due on Wednesday May 1st, 2019 by 10pm. Entries will be posted on Milesplit on Thursday May 2nd.***

**Awards:** Trophies for top three teams. Medals for 1st- 6th. Awards honored to the MVP Track Athlete and MVP Field athlete male and female.

**Scoring:** Traditional Scoring of 1-6 places of 10-8-6-4-2-1 points.

**Field Events:** Field events will begin at 4:00pm. There will be a boys and girls pentathlon.

Pole Vault- Poles MUST be checked in by 3:45pm. Girls followed by boys.  
Girls: Bar will be set at 6’0 and increase by 6” increments.  
Boys: Bar will be set at 8’0 and increase by 6” increments.

Shot Put- Boys followed by girls (Flighted- then finals)

Discus: Girls followed by boys (Flighted then finals)

**\*Shot Put and Discus will be flighted best to worst in case of rain.\***

High Jump: Continuous Bar  
Girls: Bar will be set at 3’10” and increase by 2” increments.  
Boys: Bar will be set at 4’8” and increase by 2” increments.

Long Jump (Pit facing South Perry St):   
Boys followed by girls (Flighted then finals)

Triple Jump (Pit facing Glebe St):  
Girls followed by boys (Flighted then finals)

**Meet Rules:** All NYSPHAA rules will be followed regarding scoring, uniforms, jewelry, etc.  
- Only scratches will be permitted day of the meet, no additions.  
- No one is allowed inside the track with the exception of those competing and coaching.  
- Please keep teams away from playground area.  
- There is a path for warming up outside of the track area- all are welcome to use it  
- No food or drink, or electronic devices permitted inside the track at any times  
- A concession stand will be open and t-shirts will be for sale  
- No Frisbees, footballs, radios, pets, are allowed inside Knox Field at any time during the day.  
- There are multiple garbage dispenses located around the area, please keep our field clean at all times.  
- There will be an additional high jump pit - this will be for the pentathlon use.

**Track Events:**

1. Girls 100m Pent Hurdles
2. Girls 100m Hurdles-Finals
3. Boys 110m Pent Hurdles
4. Boys 110m Hurdles- Finals
5. Girls Thrower 4x100 Relay
6. Boys Thrower 4x100 Relay
7. Girls 3000m- FINALS
8. Boys 3200m- FINALS
9. Girls 3200m Relay- Finals
10. Boys 3200m Relay- Finals
11. Girls 100m- Finals
12. Boys 100m- Finals
13. Girls 1500m – Finals
14. Boys 1600m – Finals
15. Girls 400m Relay- Finals
16. Boys 400m Relay- Finals
17. Girls 400m- Finals
18. Boys 400m- Finals
19. Girls 400m Hurdles- Finals
20. Boys 400m Hurdles- Finals
21. Girls 800m- Finals
22. Boys 800m- Finals
23. Girls 200m- Finals
24. Boys 200m- Finals
25. Girls 2000m Steeple- Finals
26. Boys 3000m Steeple- Finals
27. Girls 800m- Pentathlon- Finals (May be Moved)
28. Boys 1500m- Pentathlon- Finals (May be Moved)
29. Girls 1600m Relay-Finals
30. Boys 1600m Relay- Finals

**ENTRY FORM  
Johnstown Invitational  
Friday May 3, 2019**

\_\_\_\_\_\_ Co-ed Team - $175

\_\_\_\_\_\_ Boys Team - $100

\_\_\_\_\_\_ Girls Team - $100

\_\_\_\_\_\_ Individual Entry- $20

School: \_\_\_\_\_\_ \_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_

Boy’s Head Coach:

Phone:

Email Address:

Girl’s Head Coach:

Phone:

Email Address:

Questions in regards to the invitational: Coach Missy Kaszuba [mkaszuba@johnstownschools.org](mailto:mkaszuba@johnstownschools.org)

Entry form and payment are **REQUIRED** prior to event, to:

James Robare, Athletic Director

Attn: Missy Kaszuba, Varsity Track Coach  
Johnstown High School  
1 Sir Bills Circle  
Johnstown, NY 12095

**\*\*Late payments will be subject to a $25 penalty if payment arrives after event.\*\***