**Bi-County Invitational**

**Track & Field Meet**

**OPEN TO ONLY SCHOOLS FROM FULTON AND MONTGOMERY COUNTIES**

Amsterdam; Broadalbin-Perth, Fonda, Gloversville, Johnstown

**Date:** Saturday, May 15, 2021

**Location:** Gloversville High School

**Time:** 10:00 a.m. Start (9:45 a.m. coaches meeting)

**Entry Fee:** Each school will pay an entry fee of: **$350.00**

Make checks payable to:

Gloversville Enlarged School District

c/Mike DeMagistris

Gloversville High School

199 Lincoln St.

Gloversville, NY, 12078

**Awards:** Medals – 1st thru 6th place

**Plaques** – Outstanding Track Performer (male/ female)

* Outstanding Field Performer (male/ female)
* Athlete of the Meet (male/ female)
* Plaque award winners will be decided by the B-P, Amsterdam, and Fonda coaches

**Scoring:** No team scores

**Entries:** Individual Entries – **2** entries per school

Relays – One team per school

Boys may enter 4 events

Girls may enter 4 events

**Rules:** Federation Rules

**Entries on milesplit: Deadline – 9:00pm Thursday April 13, 2021**

**Jury of Appeals:**

Johnstown, Broadalbin-Perth and Amsterdam

**Questions / Concerns:** Please contact Mark Therrien @ marktj50@gmail.com

We will be using milesplit for the meet set up and we will be using FAT

PASSWORD: A password for entries will be sent when the meet is on line.

**PLEASE:** Each School is asked to bring **3 adults** to help assist with running Field events. The 3rd person may be asked to work at the HJ. All coaches are asked to help set and move hurdles.

**NOTE:** Helpers will go through Covid screening upon arrival.

Amsterdam – Triple Jump (3) Broadalbin-Perth – Discus (3)

Gloversville – Long Jump (3) Fonda – Pole Vault (3)

Johnstown – Shot Put (3) Floater – High Jump

* Please have your athlete’s warm-up outside the track area (only coaches and athletes competing in the current event taking place may be inside the fenced in area)
* Food and drink must stay outside of fence
* **There will be NO concession stand**

**Order of Field Events: Start at 10:00 a.m.**

**Shot Put**: Boys followed by girls (4 attempts)

**\*All athletes are to practice social distancing while in their competition area**

**1 Flight**: Athletes will be seeded lowest to highest

**Discus:** Girls followed by boys (4 attempts)

**\*All athletes are to practice social distancing while in their competition area**

**1 Flight**: Athletes will be seeded lowest to highest

**Long Jump: (4 attempts)**

**\*All athletes are to practice social distancing while in their competition area**

Boys Open Pit 10:00 – 11:00 All long jumpers must stay on the track side of the runway

Girls Open Pit 11:15 – 12:15

**Triple Jump: (4 attempts)**

**\*All athletes are to practice social distancing while in their competition area**

Girls Open Pit 10:00 – 11:00 All triple jumpers must stay on the grass side of the runway

Boys Open Pit 11:15 – 12:15

**High Jump:** Girls followed by boys

 **\*All athletes are to practice social distancing while in their competition area**

Girls – bar will start at 3’10” and go up by 2” (only girls in the HJ area)

Boys – bar will start at 4’6” and go up by 2” (no boys enter the area until all girls are done and gone)

 (All HJ’ers must stay on the High Jump apron)

**NOTE:** If there are less than 15 total jumpers, G & B, combined, we will run continuous bar

**Pole Vault:** Girls followed by boys

**Athletes must check in poles at 9:30 a.m.**

**\*All athletes are to practice social distancing while in their competition area**

Girls - bar will start at 6’0 and go up by 6” (only girls in the PV area)\*

Boys – bar will start at 8’0 and go up by 6” (no boys enter the area until all girls are done and gone)\*

 (All vaulters must stay on the grass side of the runway)

**NOTE:** If there are less than 15 total vaulters, G & B, combined, we will run continuous bar

**Order of Running Events – Start at 10:00 a.m.**

**NO RUNNING EVENT WILL BE ALLOWED ON THE TRACK UNTIL THE PREVIOUS RACE IS OFF THE TRACK**

 **Timed Finals**

 **Tentative Time schedule \* Events may run ahead of schedule**

**NOTE: events marked \*, if 8 or fewer entries we will run 1 heat**

**Check-in** **Time** **Event**

 9:45 10:00 2000 m Steeple G 1 section waterfall start

10:00 10:15 3000 m Steeple B 1 section waterfall start

10:15 10:30 100 m HH G\* 2 heats (1 per school per heat)

10:30 10:40 110 m HH B \* 2 heats (1 per school per heat)

10:40 10:50 3200 m Relay G 1 section waterfall start

11:00 11:05 3200 m Relay B 1 section waterfall start

11:10 11:20 100 m Dash G\* 2 heats (1 per school per heat)

11:20 11:30 100 m Dash B \* 2 heats (1 per school per heat)

11:30 11:40 1500 m Run G 1 section waterfall start

11:40 11:50 1600 m Run B 1 section waterfall start

11:45 12:00 400 m Relay G 1 section

11:50 12:05 400 m Relay B 1 section

12:05 12:15 400 m Dash G\* 2 heats (1 per school per heat)

12:10 12:20 400 m Dash B\* 2 heats (1 per school per heat)

12:25 12:35 400 m IH G\* 2 heats (1 per school per heat)

12:35 12:45 400 m IH B\* 2 heats (1 per school per heat)

12:45 12:55 800 m Run G 1 section box / waterfall start

12:55 1:05 800 m Run B 1 section box / waterfall start

1:05 1:10 200 m Dash G\* 2 heats (1 per school per heat)

1:10 1:20 200 m Dash B\* 2 heats (1 per school per heat)

1:15 1:30 3000 m Run G 1 section waterfall start

1:30 1:45 3200 m Run B 1 section waterfall start

1:45 2:00 1600 m Relay G 1 section

1:55 2:10 1600 m Relay B 1 section

**NOTE:** This time schedule is not strict. It is simply designed to allow for athletes to finish the races and leave the track before the next race comes on. It all revolves around “Social Distancing”.