



7TH ANNUAL

## WALTER J. GODEK TWILIGHT INVITATIONAL AT NORTH POCONO

**THURSDAY, APRIL 17, 2025 @ 3PM**

Coaches & High School Athletes,

As the 2025 Track and Field season is approaching, the North Pocono Track and Field program wants to invite you to participate in our North Pocono Trojan Invitational for current high school teams and student-athletes this upcoming season. We are proud of our Track and Field facilities and are pleased to announce that a varsity boys and girls twilight meet will be held on **Thursday, April 17th, 2025 at North Pocono's Trojan Stadium located at the NP Middle School, 701 Church St. Moscow, Pa (formerly the High School) starting at 3 PM.** The meet will feature FAT timing by Wil-Time, field events under the lights, and a first-class facility to showcase our region's athletes. Previous years' events were well-received and showcased some of the area's top athletes and teams. It provided a great competition, along with outstanding times and distances, as well as a springboard into the postseason.

Medals will be awarded for the top three finishers in each event with a team plaque recognizing the top boys and girls teams, as well as an overall combined girls and boys winner.

There will also be a concession stand for spectators and athletes that will provide drinks, food, and event t-shirts.

**Registrations will be done via [pa.milesplit.com](https://pa.milesplit.com). The cutoff for registration is April 16th, 2025 at 6 PM.** The fee for individual teams will be \$150 or \$275 for both a boys and girls combined team or \$15 per individual athlete event entry. **Checks should be made out to the North Pocono Boosters; memo "Invitational", and mailed to: Donna West - NP Booster Treasurer, 1370 Motichka Road, Madison Twp, PA 18444 prior to the competition. Checks can also be brought to the meet if you do not get the payment in the mail.**

***To ensure a timely event and allow the competition to move at a steadfast pace, entries may be limited and there will be standards for event entry, particularly in the field events. Please check milesplit for additional information as we get closer to the competition date.*** All events will follow PIAA and established procedures and rules. Please be sure to bring your teams' PIAA Pole Vault certification forms.

A coaches meeting will be held prior to competition at the scorer's tent in the infield at 2:30.

Athletes are required to wear their school issued uniforms in compliance with PIAA regulations and only 1/8" pyramid spikes are permitted on the track surface. Athletes are asked to remain off the field until prior to their event to warm-up and called to the paddock area. Also, only clear liquids are allowed in the infield area. Team tents can be set up on the grass area at the scoreboard side of the stadium or on the visitor side bleachers.

There will be team bus parking available for all teams behind the North Pocono Intermediate (NPI) School which is adjacent to the stadium and the Middle School. Teams can enter the lower gate by the concession stands. All spectators should park at the Middle School/NPI parking lots.

### Event contact information:

**Jason Sepkowski, Head Track and Field Coordinator, North Pocono HS**

**Phone: (W) 570.842.4588 x 3219 (C) 570.650.9382**

**Email: [jsepkowski@npsd.org](mailto:jsepkowski@npsd.org)**



## **NORTH POCONO TROJAN INVITATIONAL**

### **3PM THURSDAY, APRIL 17, 2025**

**The order of events are as followed:**

#### **ORDER OF EVENTS**

**On the track:** (Girls, then Boys) **3 pm start immediately following the National Anthem**

3200 M Relay  
100/110 Hurdles  
100 M Dash  
1600 M  
400 M Relay  
400 M  
300 Hurdles  
800 M  
200 M Dash  
3200 M  
1600 M Relay

#### **ORDER OF EVENTS**

**In the field:** **3 pm start with boys discus & girls javelin**

Boys—Discus	Girls—Javelin
Boys-Javelin	Girls –Discus
Boys—Shot put (under lights approx @ 6PM)	Girls– Shot put (under lights approx @6PM)

**Jumps:** **3 pm start with boys pole vault, girls high jump, and boys & girls long jump (based on flights during posted times)**

Boys/Girls– Long jump **(based on flights, 3:00 - 5:00)**

Boys—Pole vault	Girls—High jump
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Boys/Girls – Triple Jump **(based on flights, 5:15 - 7:30)**

Boys– High Jump	Girls—Pole Vault
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