

35th Annual Lion Invitational

****Founded in 1988 by Rocky Christopher & Bob Welsh****



You and your team are cordially invited to attend the 35th annual Lion Invitational at Middletown North.

Password entry only meet

DATE: 4/26/25

TIME: 9:00 am

SITE: Middletown High School North

MEET DIRECTORS: Ray Convey: conveyr@middletownk12.org

Brock Silvestri: silvestrib@middletownk12.org

If you have any questions please email Ray Convey or Brock Silvestri.

ENTRIES

All checks should be mailed to:

Ray Convey
Middletown High School North
63 Tindall Road
Middletown, NJ 07748

Please make your check payable to:

Lion Invitational

Online entries are due 11pm on Thursday, April 24.

You must complete the online entry at:

www.nj.milesplit.com

Cost of Entries:

\$450 for Boys Team Entry, \$450 for Girls Team Entry
\$8 per Individual Entry, \$28 per Relay

*****PLEASE READ*****

We will also close the meet once a certain number of teams (boys & girls) are entered.

- **ALL VARSITY SPRINT & HURDLE EVENTS** are *limited to 5 entries per event*
- **DISTANCE EVENTS** are *limited to 5 entries per event (except 3200m)*
- **FIELD EVENTS** are *limited to 3 entries per event*
- **FROSH** events are *unlimited*

MEET INFORMATION

- Medals to the first 6 in each event and top 6 relays. Medals to the first 6 in all frosh events and top 6 relay teams. First place plaques will be awarded to the top boys' team and to the top girls' team.
- An MVP Plaque will be awarded to one girl and one boy as voted on by a selected committee.
- Scoring-10, 8, 6, 4, 2, 1 in all events. Frosh events are non-scoring.
- Freshmen will be allowed to compete in varsity events as long as they do not compete in the same events offered to the freshmen (i.e. varsity 1600m or frosh 1600m, not both).

ORDER OF EVENTS

- All varsity sprint & hurdle events are limited to 5 entries. The distance events are also only 5 entries per event. All field events are limited to 3 entries per gender, per team. All frosh events are unlimited entries.
- Boys will go first in all running events except for the hurdle finals. *Girls 100 Hurdle finals will be before the Boys 110 Hurdle finals.*
- In the shot put, discus, and javelin minimum distances have been established. Each athlete will get at least one throw measured. For each throw after, if the athlete does not attain the minimum distance, then no mark will be given.

RUNNING EVENTS(Boys first)	FIELD EVENTS												
<ol style="list-style-type: none"> 1. 3200M (3 entries only; top 30 entries 1 heat each) 2. 100M DASH TRIALS (5 entries only) 8 fastest to the final 3. BOYS FROSH 1600M RUN (unlimited entries) 4. GIRLS FROSH 1600 RUN (unlimited entries) 5. 100M DASH FINALS 6. <u>THE BOB WELSH 400M DASH</u> (5 entries only) 7. BOYS FROSH 400M DASH (unlimited entries) 8. GIRLS FROSH 400M DASH (unlimited entries) 9. 110M HURDLES TRIALS (5 entries only) 8 fastest to the final 10. 100M HURDLES TRIALS (5 entries only) 8 fastest to the final 11. 800M RUN (5 entries only) 12. GIRLS' 100M HIGH HURDLES FINAL 13. BOYS' 110M HURDLES FINAL 14. 200M DASH (5 entries only) 15. <u>The Rocky Christopher 1600M RUN</u> (5 entries only) 16. 4X400 FROSH RELAY (unlimited entries) 17. 4X400 MIXED VARSITY RELAY (1 entry only 2 boys 2 girls any order) 	<p>SHOT PUT Top 8 to the final BOYS followed by GIRLS</p> <p>DISCUS Top 8 to the final GIRLS followed by BOYS</p> <p>JAVELIN Open flights, Top 8 to the final GIRLS-9:00 am-11:00 am Finals to follow BOYS- start after girls; 2 hour window for throws; Finals ***All throws in the javelin must be completed by the designated time.</p> <div style="text-align: center; margin: 10px 0;"> <p>MINIMUM DISTANCES</p> <table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Girls Shot Put</td> <td style="padding: 2px;">25' 0"</td> </tr> <tr> <td style="padding: 2px;">Boys Shot Put</td> <td style="padding: 2px;">35' 0"</td> </tr> <tr> <td style="padding: 2px;">Girls Discus</td> <td style="padding: 2px;">70' 0"</td> </tr> <tr> <td style="padding: 2px;">Boys Discus</td> <td style="padding: 2px;">95' 0"</td> </tr> <tr> <td style="padding: 2px;">Girls Javelin</td> <td style="padding: 2px;">65' 0"</td> </tr> <tr> <td style="padding: 2px;">Boys Javelin</td> <td style="padding: 2px;">110' 0"</td> </tr> </table> </div> <p>HIGH JUMP GIRLS followed by BOYS Opening Height: Girls-4'4", Boys-5'4" The 6 jump rule may be applied.</p> <p>POLE VAULT BOYS followed by GIRLS Opening Height: Girls-7'6", Boys-9'0" The 6 jump rule may be applied.</p> <p>LONG JUMP Open pit, Top 8 jumpers to the final GIRLS-9:00 am-11:00 am Finals to follow BOYS-start after girls; 2 hour window for jumps; Finals</p> <p>TRIPLE JUMP Open pit, Top 8 jumpers to the final BOYS-9:00 am-11:00 am Finals to follow GIRLS-start after boys; 2 hour window for jumps; Finals ***All jumps in the LJ & TJ must be completed by designated time.</p>	Girls Shot Put	25' 0"	Boys Shot Put	35' 0"	Girls Discus	70' 0"	Boys Discus	95' 0"	Girls Javelin	65' 0"	Boys Javelin	110' 0"
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