

Anthony Luciano Memorial Invitational

April 25th, 2026

Hudson Falls High School

Important Deadlines

April 10th: RSVP by 4/10 to Jay Hebert at jhebert1@hfcfsd.org to receive registration password

April 18th: Javelin insurance due to Hayleigh Girard at hgirard1@hfcfsd.org

April 23rd: Entries due on Milesplit by 8pm

Payment:

\$300 - Coed team

\$175 - Individual Team

\$20 - Individual Entry

Please Make checks payable to HUDSON FALLS CENTRAL SCHOOLS and please send them to the Hudson Falls Athletic Department.

Facility:

Six Lane polyurethane track. 1/4in spikes allowed.

Please provide your own starting blocks.

FAT timing provided by Underdog Race Timing

Please set up team camps outside of the track.

Awards:

A Championship plaque will be awarded to the first place finishing team for each gender.

A Runner-up plaque will be provided to the second place finishing team for each gender.

Medals awarded to the top six finishers in each event. Winners will receive a "champion" T-shirt.

Javelin:

We are excited to continue to offer javelin as a unique experience for our athletes.

This is a scored event! You do not need to have your own javelin to participate in this event, but teams are encouraged to bring their own. Official javelins (800 gr. minimum for boys, 600 gr. minimum for girls) will be provided for all competitors. This event will be run in a specific closed off area that will only allow entrance to javelin competitors and coaches. (Spectators will be able to watch through the fence).

*All schools competing in javelin must send a certificate of insurance from your carrier. This can be emailed to hgirard1@hfcfsd.org or mailed with your payment.

Entries:

Each team will be permitted two entries per individual event and pentathlon, and one relay team per relay event.

Teams will be permitted a third entry in individual events IF ALL THREE competitors meet the standard for a third competitor (see table below). The only exception is javelin, in which all teams will be permitted three entries.

All entries are due on Milesplit by Thursday, April 23rd by 8pm.

Only scratches will be permitted on the day of the meet. No additions or substitutions.

Third Competitor Standards

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
100/110h	18.95	19.50
100m	14.11	12.18
200m	29.58	25.08
400m	1:06.46	57.46
400h	1:17.50	1:07.24
800m	2:40.60	2:16.80
1500/1600m	5:32.00	5:05.00
3000/3200m	11:44.00	10:38.00
Shot Put	25'5"	34'2"
Discus	74'7"	95'8"
Javelin	None, 3 entries allowed	None, 3 entries allowed
High Jump	4'6"	5'3"
Long Jump	13'5"	16'3"
Triple Jump	28'6"	34'
Pole Vault	8'	10'

Meet Day:

All scratches will be due by 8:45am. There will be a coaches meeting at 9am. All track and field events will begin at 9:30am.

There will be a semi final and final run for the 100m, 100h, and 110h. All other track events will be a timed final.

For field events, a final flight will be held for long jump, triple jump, shot put, and discus. The final will be composed of the best seven marks from the preliminary flights.

<u>Track</u> - 9:30am start
Girls 100h - PENT
Girls 100h - Semi
Boys 110h - PENT
Boys 110h - Semi
Girls 3000m
Boys 3200m
Girls 100m - Semi
Boys 100m - Semi
Girls 4x800m
Boys 4x800m
Girls 100h - Final
Boys 110h - Final
Girls 100m - Final
Boys 100m - Final
Girls 1500m
Boys 1600m
Girls 4x100m
Boys 4x100m
Girls 400m
Boys 400m
Girls 400h

<u>Field</u> - 9:30am start
<u>Shot Put/Discus</u>
9:30am: Girls Shot/Boys Discus
~12pm: Girls Shot/Boys Discus Final
12:45pm: Boys Shot/Girls Discus
~3:15pm: Boys Shot/Girls Discus Final
<u>Long Jump</u>
9:30am: Girls and boys long jump
~12:30pm: Girls and boys long jump final
<u>Triple Jump</u>
1:30pm: Girls and boys triple jump
~3:30pm: Girls and boys triple jump final
<u>High Jump</u>
10:00am: Girls and Boys high jump - PENT
11:00am: Girls and Boys high jump
<u>Pole Vault</u>
10:00am: Girls pole vault followed by boys pole vault
<u>Javelin</u>

Boys 400h
Girls 800m
Boys 800m
Girls 200m
Boys 200m
Girls 800m - PENT
Boys 1500m - PENT
Girls 4x400m
Boys 4x400m

11:00am: Girls javelin followed by boys javelin

There will be a concessions stand open throughout the meet, and Fine Designs will be onsite for purchase and customization of commemorative apparel.



Bus Parking

Javelin

High Jump

PENT Long

Pole Vault

Shot Put

Discus

PENT Shot

Boys Long/Triple

Girls Long/Triple