

**69th Annual Eastern Invitational - Saturday May 30th  
Iona Prep School, 255 Wilmot Road, New Rochelle, NY**

**Date change for this year from the first Sunday in June!**

Timing by Fulton Accurate Timing with Live Results

We will also have a live feed on Local Live

All entries must be completed on NY MileSplit - window for entries  
will close on Thursday May 28th at Noon!

**Contested Events - Boys and Girls**

Javelin	Hammer	Discus	Shot Put
Long Jump	Triple Jump	High Jump	Pole Vault
100m	200m	400m	800m
Mile	2k Steeple	High Hurdles	400m Hurdles
Sprint Medley	4x200	4x400	4x800

**The meet will run under the auspices of the Catholic High School  
Athletic Association - Iona Prep is only the host school!**

Meet Director - Jan Mitchell 917-837-4042 - [jmitchell@ionaprep.org](mailto:jmitchell@ionaprep.org)

OnLine Entries on NY MileSplit - Deadline Noon Thursday May 28th

**Please have payment the day of the meet as the worst part of running this meet is  
collecting the entry fee (not a participation fee) from schools - please do not enter  
if you did not pay for your entry last year!**

A school or personal check, money order or cash! A school PO or voucher (so  
that we know that the payment process has been started). Please do not show up  
without payment as your athletes will not be allowed to participate!

Also, we have had several individuals attempt to enter our meet without  
representing their schools. Parents may not enter their child - we will not accept  
any **Unattached Athletes!** Only high school coaches may enter athletes into the  
meet - you must be representing your school.

**Entry Fee - \$20.00 per individual and \$50.00 per relay - payable to CHSAA Track**

I have tightened up the time schedule and each event will be a Final on time!

The final events for the boys will be the 100m then the girls 100m followed by the boys 110m Hurdles and then the girls 100m. We will then have a 20 minute break for our Iona Prep and Ursuline Senior Day Ceremony and then the two 400m Hurdle events!

We need to do this as we have a different finish line for the 100m and Hurdles - saves us the trouble of moving the cameras and also allows us to set up the 400m IH only one time!

### An Athlete May Compete in Four Events!

#### Boys/Girls Events - Contested Events - Qualifying Standard for Entry

10:00	Boys	High Jump	5-2 (Opening Height)
10:00	Boys	Triple Jump	38-0
10:00	Boys	Javelin	110-0
10:00	Boys	Hammer	110-0
11:00	Boys	Pole Vault	10-0 (Opening Height)
11:00	Boys	Discus	100-0
11:30	Boys	Long Jump	18-0
12:00	Boys	Shot Put	40-0
10:00	Boys	2000m Steeple	7:00
10:15	Boys	SMR 2-2-4-8	3:55
10:30	Boys	800m	2:08
10:45	Boys	4x200m Relay	1:35
11:00	Boys	Mile	4:45
11:15	Boys	400m	55.0
11:30	Boys	200m	24.0
11:45	Boys	4x800m Relay	8:30
12:00	Boys	4x400m Relay	3:40
12:30	Boys	110m Hurdles	16.0
12:45	Girls	100m Hurdles	18.0 (1st girls event)

1:00	Boys	100m	12.0
1:15	Girls	100m	13.0 (2nd girls event)

**20 Minute Break for Senior Day Ceremony and Moving Hurdles**

1:45	Boys	400m Hurdles	1:05 (final boys event)
1:55	Girls	400m Hurdles	1:15
11:30	Girls	Javelin	80-0
2:00	Girls	High Jump	4-4 (Opening Height)
1:00	Girls	Triple Jump	32-0
1:00	Girls	Hammer	90-0
12:00	Girls	Pole Vault	8-0 (Opening Height)
2:00	Girls	Discus	80-0
2:00	Girls	Long Jump	15-0
3:00	Girls	Shot Put	30-0
2:00	Girls	2000m Steeple	8:00
2:15	Girls	SMR 2-2-4-8	4:25
2:30	Girls	800m	2:35
2:45	Girls	4x200m Relay	1:50
3:00	Girls	Mile	5:45
3:15	Girls	400m	65.0
3:30	Girls	200m	27.0
3:45	Girls	4x800m Relay	10:30
4:00	Girls	4x400m Relay	4:30

**If possible the meet will run ahead of schedule!** Entries close on Thursday May 29th

at Noon Mail entry fees to:

**Jan Mitchell**

**Iona Prep School**

**255 Wilmot Road**

**New Rochelle, NY 10804**

**Awards - Medals to top five in all events and shirts to winners!**

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