

East Coast Invitational

Event Dates: January 17 & 18, 2020
Registration Deadline: 6 p.m. January 12, 2020
Registration: On-line through Directathletics.com (Entries Open Dec. 1, 2019)
Location: Providence Career & Technical High School
 91 Fricker Street
 Providence, RI 02903
Cost: Each Individual Event: \$10. Relays: \$20
Sanctioned: RI, CT, MA, ME, NH, NJ, NY, VT, PA, N.C., S.C., GA. DE
 (open to all NFHS Schools)

Accepted Event/Boys and Girls

120	55m Hurdles	Semis & Final
120	55m Dash	Semis & Final
100	200m Dash	Finals
100	400m Dash	Finals
100	800m Run	Finals
100	Mile Run	Finals
36	2 Mile Run	Finals
All	4x200 relay	
All	4x400 relay	
All	4x800m	
All	SMR	
All	Shuttle Hurdle Relay	Semis & Final

B and C Relay Teams Accepted in all relays

Field Events (8 to Finals)

18	Pole Vault	Opening height 9-0 boys /7-0 girls
36	Long Jump	No mark under 18-06' boys/14-6' girls#
30	High Jump	Opening height 5-6' boys/4-6' girls
24	Championship Weight Throw	2 Flights All throws marked
All*	Emerging Weight Throw	All throws marked
24	Championship Shot Put	2 Flights All throws marked
All*	Emerging Shot Put	All throws marked

#First legal jump will be measured regardless of distance

Event Schedule

(Girls followed by Boys unless noted) (Fastest Heats will run First)

Friday, January 18th

- Shuttle Hurdle Relay 6:30 p.m. (4 x 55M@ 33" Girls/
39" Boys) Semis & Final
(200-200-400-800)
- Sprint Medley Relay
- 4x800

Saturday, January 19th

- Youth Mile 9:00 a.m.
- Open Mile 9:30 a.m.
- 4 x 200m
- 55H
- 55m
- High School Mile Auto qualifier for New Balance Indoor Grand Prix
Finals (Boys followed by Girls)
- 55H Finals
- 55 m Finals
- 400m (Athlete may enter either 200 or 400, not both)
- 200m
- 800m
- 2 Mile
- 4 x 400

Saturday Field Events

- Championship Weight Throw Top 24 10 a.m. (Boys followed by Girls)
- Emerging Weight Throw Unlimited (Boys followed by Girls)
- Shot put Top 24 10 a.m. (Girls Followed by Boys)
- Emerging Shot Put Unlimited (Girls Followed by Boys)
- Long Jump Top 36 10 a.m. (Boys Followed by Girls)
- Pole Vault Top 18 10 a.m. (Girls Followed by Boys)
- High Jump Top 30 10 a.m. (Girls followed by Boys)

Eligibility:

Athletes may compete in 4 events, only 2 of which may be individual. Athletes must officially represent their school.

Entry Fees

Individual: \$10 per event; Relay event - \$20

Team Cap: \$275 per gender

Make checks payable to RITCA

Mail to: Stephen Turgeon /Meet Director, 20 Charles St., Barrington RI 02806.

Entry fee must be paid prior to the meet. A purchase order is acceptable. Schools that enter the meet are responsible for the entry fee regardless of participation.

Qualifiers

Qualifiers will be posted on the meet web site eastcoastinvitational.org by January 14, 2020. Please notify the meet director as soon as possible if your athlete withdraws from an individual event.