

Cavalier Invitational
Friday April 29, 2022
East Stroudsburg South High School

Enclosed is the meet schedule/information for our Cavalier Invitational (**Friday, April 29, 2022**) Deadline for intent to compete will be **March 25th**. We will accept the first **12** Schools. This will be an opportunity to obtain qualifying times and distances for league and district championships. This meet will be using fully automatic timing (FAT).

- 1. Location:** The track and field facility is directly behind the ESHS South High School.
School Address: 279 North Courtland Street, East Stroudsburg, PA 18301
GPS Address for Stadium: 200 Elizabeth Street, East Stroudsburg, PA 18301
Throws Location: Throwing events contested on the field directly next to the track.
- 2. Facility:** 400-meter euro-tan surface. Eight 42" lanes around the entire track. We have one long/triple jump pit. All jumps are on inside of track. Javelin is thrown off of an all-weather runway.
- 3. Equipment:** Bring your own implements and poles. Starting blocks will be provided.
- 4. Shoes:** Spikes ¼" or less on all-weather surfaces, including the javelin runway (shoes will be checked.)
- 5. Entry Procedure:** We will be using Milesplit (access through PennTrack web-site). Entries are due Tuesday, April 26th by 6PM.

Maximum entries per school: Sprints=2, Distance= 3 (800m and longer), Field Events=2, Jumps= 2, Relays=1 team/event

Shot, Disc and Javelin: 3 throws, no final. Long and Triple Jumps 3 attempts, no final. One relay team per event... PLEASE have your athletes check-in at first call so we can keep the meet moving (field event checking will be held at the site...running events clerked at tent beyond finish line). We CANNOT do any additions on the day of the meet...YOU MUST PRE-REGISTER! COACHES SHOULD SCRATCH ATHLETES NOT COMPETING!

- 6. Awards:** Medals to the top 3 in each individual event and top 3 for relays. Meet Scoring (top 6) 10-8-6-4-2-1... Winning teams receive trophies. (First places only)
- 7.** Food concessions will be available throughout the day. Event T-shirts will also be sold.

8. Pole Vault/High Jump

Opening Heights: Boys Pole Vault 10'0 High Jump 5'4
Girls Pole Vault 8'0 High Jump 4'4

2022 Cavalier Invitational

Event Order

Estimated Times – Events will continue in listed order and will not be stopped

*Running events will start at 2:00 pm *Girls long jump will start at 1:30 pm

*Throwing events will start at 2:00 pm

Track Events

1:30 First Call
2:00 Girls 100 Meter Hurdles Finals
Boys 110 Meter Hurdles Finals
2:15 Girls 4x800 Meter Relay Finals
Boys 4x800 Meter Relay Finals
2:35 Girls 100 Meter Dash Finals
Boys 100 Meter Dash Finals
2:50 Girls 1600 Meter Run Finals
Boys 1600 Meter Run Finals
3:20 Girls 4x100 Meter Dash Finals
Boys 4x100 Meter Dash Finals
3:30 Girls 400 Meter Dash Finals
Boys 400 Meter Dash Finals
3:50 Girls 300 Meter Hurdles Finals
Boys 300 Meter Hurdles Finals
4:05 Girls 800 Meter Run Finals
Boys 800 Meter Run Finals
4:25 Girls 200 Meter Run Finals
Boys 200 Meter Run Finals
4:40 Girls 3200 Meter Run Finals
Boys 3200 Meter Run Finals
5:10 Girls 4x400 Meter Relay Finals
Boys 4x400 Meter Relay Finals

Field Events (Jumping)

1:30 Girls Long Jump Finals
2:00 Girls Pole Vault Finals
2:30 Boys Long Jump Finals
2:00 Girls High Jump Finals
3:30 Girls Triple Jump Finals
3:45 Boys Pole Vault Finals
3:45 Boys High Jump Finals
4:30 Boys Triple Jump Finals

Field Events (Throwing)

2:00 Boys Shot Put Finals
2:00 Girls Discus Finals
2:00 Boys Javelin Finals
3:30 Girls Shot Put Finals
3:30 Boys Discus Finals
3:30 Girls Javelin Finals