

2022 Olympian Invite

Date: Friday, May 6th, 2022

Location: Jim Thorpe Area High School

Start Time: Too Be Determined (No later than 2:30 pm however)

Facility: 6 Lane All Weather Surface including Javelin Running Way

Meet Format: Goal is to provide one last opportunity for student-athletes to hit respective League Meet and District qualifying opportunities. 2 student-athletes per individual event with up to 5 provided each of the student-athletes have hit the provided meet standards below.

EVENT	BOYS	GIRLS
100 HH		18.74 secs
110 HH	18.24 secs	
100 M	12.24 secs	14.24 secs
200 M	25.24 secs	29.24 secs
300 IH	46.24 secs	55.24 secs
400 M	55.24 secs	1:06.24
800 M	2:15	2:45
1600 M	5:10	6:00
3200 M:	11:25	13:45
Long Jump	18'0"	14'0"
Triple Jump	38'0"	29'0"
High Jump	5'6"	4'6"
Pole Vault	10'0"	7'6"
Javelin	130'0"	100'0"
Discus	105'0"	85'0"
Shot Put	38'0"	28'0"

Order of Events:

Track:

100/110 M Hurdle Trials – Top 12 to Finals

100 M Dash Trials – Top 12 to Finals

4 x 800 M Relay Finals

100/110 M Hurdle Finals

100 M Dash Finals

1600 M Run

4 x 100 M Relay Finals

400 M Dash Finals

300 M Hurdles Finals

800 M Run Finals

200 M Dash Finals

3200 M Run Finals

4 x 400 M Relay Finals

Field: Horizontals = 4 attempts per competitor, first 2 measured, last 2 have to hit set minimum standard

A.) Boys Long Jump à Boys Triple Jump à Girls Long Jump à Girls Triple Jump

B.) Girls High Jump à Boys High Jump

C.) Girls Pole Vault à Boys Pole Vault

D.) Boys Javelin, Boys Discus, Girls Shot Put = Rotation 1

Girls Javelin, Girls Discus, Boys Shot Put = Rotation 2