

4TH "INDIAN SUMMER" INVITATIONAL

Hosted by the **WEST SENECA "BLUE" Athletics Club** (USATF 04-0067)

Tuesday, August 4th, 2009

Location

**West Seneca West Senior High School
3330 Seneca Street
West Seneca, NY 14224**

****Registration begins at 5:00 PM****

Order of Events (events may be combined to be time efficient)

6:00 PM start on Track

55 meter Dash (Sub-Bantam/Bantam only)

4x800 meter Relay

100 meter Dash

400 meter Dash

1500 meter Run

4x100 meter Relay

5:45 PM start in Field (3 attempts except for High Jump)

Long Jump followed by **Triple Jump** (Open Pits)

Shot Put followed by **Discus**

High Jump

Age Groups

Sub-Bantam (born 2001 or later)

Bantam (born 1999/2000)

Midget (born 1997/1998)

Youth (born 1995/1996)

Intermediate (born 1993/1994)

Young (born 1991/1992)

Open (born 1993 to 1978)

Masters (born 1979 or earlier)

Awards

1st through 3rd earn ribbons per event/per age group

Winning relays earn ribbons per event/per age group

Entries

Maximum of 3 events per competitor costing \$1 per event

*We will have at least one official

*There will be a concession stand open

*There will be no trainer provided

