

# East Coast Invitational

**Event Dates:** January 13, 2024  
**Registration Deadline:** 6 p.m. January 7, 2024  
**Registration:** On-line through Directathletics.com (Entries Open Dec. 13, 2023)  
**Location:** Providence Career & Technical High School  
91 Fricker Street  
Providence, RI 02903  
**Cost:** Each Individual Event: \$15. Relays: \$20  
**Website:** [Eastcoastinvitational.org](http://Eastcoastinvitational.org)  
**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	Trials & Final
120	55m Dash	Trials & Final
100	200m Dash	Finals
100	400m Dash	Finals
100	800m Run	Finals
100	Mile Run	Finals
36	2 Mile Run	Finals
All	Shuttle Hurdle Relay	
All	4x200 relay	
All	4x400 relay	
All	4x800m	

B and C Relay Teams Accepted in all relays

## Field Events (9 to Finals)

18	Pole Vault	Opening height 8-6' boys /7-0 girls	
48	Long Jump	No mark under 17-0' boys/14-0' girls#	
30	High Jump	Opening height 5-4' boys/4-4' 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)

## Saturday, January 13th

- Youth Mile 9:00 a.m.
- Shuttle Hurdle Relay
- 4 x 200m 10:00 a.m.
- 55H
- 55m
- High School Mile
- 55H Finals (Boys followed by Girls)
- 55 m Finals
- 400m (Athlete may enter either 200 or 400, not both)
- 200m
- 800m
- 2 Mile
- 4 x 400
- 4 x 800

## Saturday Field Events

- Championship Weight Throw Top 24 10 a.m. (Girls followed by Boys)
- Emerging Weight Throw Unlimited (Boys followed by Girls)
- Championship Shot Put Top 24 10 a.m. (Boys Followed by Girls)
- Emerging Shot Put Unlimited (Girls Followed by Boys)
- Long Jump Top 48 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. Athletes must officially represent their school.

## Entry Fees

Individual: \$15 per event; Relay event - \$20

Team Cap: \$400 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](http://eastcoastinvitational.org) by January 10, 2024.

Please notify the meet director as soon as possible if your athlete withdraws from an individual event.