

East Coast Invitational

Event Dates: January 13 & 14, 2017
Registration Deadline: 6 p.m. January 8, 2017
Registration: On-line through Directathletics.com
Location: Providence Career & Technical High School
 91 Fricker Street, Providence, RI 02903
Cost: Each Individuals Event: \$10. Relays: \$15 (Team Cap: \$225)
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		Standards	
			Boys	Girls
All	55m Hurdles	Semis & Final	9.9	11.0 (FAT)
All	55m Dash	Semis & Final	7.2	8.2 (FAT)
All	400m Dash	Finals	58.5	69.9
All	800m Run	Finals	2:20	2:40
All	Mile Run*	Finals	5:10/4:48 1500	6:00/5:35 1500
24	2 Mile Run	Finals	10:30/9:45 3K	12:15/11:22 3K
All	4x200 relay			
All	4x400 relay			
All	4x800m	Friday Night		
All	SMR	Friday Night		
All	Shuttle Hurdle Relay	Friday Night	Semis & Final	

*Top Boy & Girl in High School Mile receive automatic entry into the 2017 New Balance Indoor Grand Prix

Field Events

18	Pole Vault	Opening height 9-0 boys /7-0 girls
24	Long Jump	No mark under 18-06' boys/14-6' girls
24	High Jump	Opening height 5-6' boys/4-6' girls
24	Championship Weight Throw	No mark under 50' boys/40' girl
All	Emerging Weight Throw	All throws marked
24	Championship Shot Put	No mark under 45' boys/30' girls
All	Emerging Shot Put	All throws marked

Visit www.eastcoastinvitational.org