

Erie Tiger Twilight Invitational – 2023

Hosted by Erie High School

Erie Tiger Twilight Invitational – Friday, 3/31/2023

11:30 Coaches' Meeting
(meet at the start/finish line)

11:00 PV Check & Weigh In All Vaulters
11:00 Shot/Discus Weigh In All Throwers

Field Event Assignments:

Pole Vault – ATB
High Jump –
Shot Put –
Discus -
Triple Jump – Erie
Long Jump –
Hurdle Crew- Erie
Relay Exchanges - Erie

LJ, TJ, SP, Discus:
3 attempts, (9 to Finals)

We will mark the first "fair attempt" regardless of distance. After that we will only measure attempts that exceed the minimum marks.

11:00 Javelin Boy/Girls

12:00 Girls High Jump
4'4", 4'7", then 2"

12:00 Girls Long Jump
measuring over 13'

12:00 Girls Shot Put
measuring over 25'

12:00 Boys Pole Vault
8'4", 9'4", 10'4" then 6"

12:00 Boys Triple Jump
measuring over 35'

12:00 Boys Discus
measuring over 90'

3:00 Boys High Jump
5'4", 5'7", then 2"

3:00 Boys Long Jump
measuring over 16'

3:00 Boys Shot Put
measuring over 33'

3:00 Girls Pole Vault
6'4", 7'4", 8'4" then 6"

3:00 Girls Triple Jump
measuring over 26'

3:00 Girls Discus
measuring over 70'

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Cut-Off times for 800, 1600 and 3200 are:

Girls: 3:10, 6:50, and 14:15

Boys: 2:30, 6:10, and 13:00

This is a tentative time schedule. We will know more once we see total entries, and we will run ahead, if possible.

12:15 Girls 800 Medley Relay
12:25 Girls 3200 Relay
12:50 Boys 3200 Relay
1:10 Girls 100 M Hurdles
1:20 Boys 110 M Hurdles
1:35 Girls 100 M Dash
2:00 Boys 100 M Dash
2:25 Girls 4x200 M Relay
2:40 Boys 4x200 M Relay
3:00 Girls 1600 M Run
3:25 Boys 1600 M Run
3:55 Break (Senior recognition)
4:05 Girls 4x100 M Relay
4:20 Boys 4x100 M Relay
4:35 Girls 400 M Dash
5:00 Boys 400 M Dash
5:30 Girls 300 M Hurdles
5:50 Boys 300 M Hurdles
6:10 Girls 800 M Run
6:30 Boys 800 M Run
6:50 Girls 200 M Dash
7:15 Boys 200 M Dash
7:40 Girls 3200 M Run
8:00 Boys 3200 M Run
8:30 Throwers 4x100m Relay (2 Boys & 2 Girls)
8:40 Girls 4x400 M Relay
9:00 Boys 4x400 M Relay