

East Coast Championship

Event Date: January 14, 2012
Registration Deadline: 6 p.m. January 8, 2012
Registration: On-line through Directathletics.com
Times: 9:00AM to 5:00 PM
Location: Providence Career & Technical High School
 91 Fricker Street
 Providence, RI 02903
Cost: Individuals: Individuals: \$10. Relays: \$15
Sanctioned: RI. Expected in: CT, MA, ME, NH, NJ, NY, VT, PA, N.C., S.C.,
 GA, DE (open to all NFHS Schools)

| # Accepted | Event/Boys and Girls | | Best performance in competition |
|------------|----------------------|---------------|---------------------------------|
| 48 | 55m Hurdles | Semis & Final | Use only 110m/100m HH times |
| 48 | 55m Dash | Semis & Final | Use only 100m times |
| 42 | 400m Dash | Finals | Use only 300m or 400m times |
| 40 | 800m Run | Finals | Use only 800m times |
| 36 | Mile Run | Finals | Indicate 1500m or Mile time |
| 24 | 2 Mile Run | Finals | Indicate 3000m or 3200m time |
| Open | 4x200 relay | | |
| Open | 4x400 relay | | |
| 12 | 4x800m | | |
| 12 | DMR | | |

Field Events (8 to Finals)

| | | | |
|------|---------------------------|-----------|--------------------------------------|
| 18 | Pole Vault | | Opening height 11'0 boys / 8'0 girls |
| 24 | Triple Jump | 2 Flights | No mark under 40' boys / 32' girls |
| 24 | Long Jump | 2 Flights | No mark under 20' boys/16'0 girls |
| 18 | High Jump | | Opening height 5'10 boys/4-8' girls |
| 24 | Championship Weight Throw | 2 Flights | No mark under 37' boys/28' girls* |
| Open | Emerging Weight Throw | | All marked |
| 24 | Championship Shot Put | 2 Flights | No mark under 45' boys/30' girls* |
| Open | Emerging Shot Put | | All Marked |

*First legal throw will be measured regardless of Distance

#Accepted numbers may be adjusted based on Number of Entries

Running Events

(Boys followed by Girls unless noted)

- 4 x 200m Unlimited 9:00 am
- 4 x 800m Top 12
- 55H Top 48
- 55m Top 48
- 2 mile Top 24
- 400m Top 42
- 1 Mile Top 36
- 55H Finals (Girls followed by boys)
- 55 m Finals
- 800 m Top 40
- 4 x 400 Unlimited
- DMR Top 12 (1200-400-800-1600)

Field Events

- Championship Weight Throw Top 24 9 a.m. (Boys followed by Girls)
- Emerging Weight Throw Unlimited (Boys followed by Girls)
- Shot put Top 24 9 a.m. (Girls Followed by Boys)
- Emerging Shot Put Unlimited (Girls Followed by Boys)
- Long Jump Top 24 9 a.m. (Boys Followed by Girls)
- Triple Jump Top 24 Following Long Jump
- (Girls Followed by Boys)
- Pole Vault Top 18 11 a.m. (Girls Followed by Boys)
- High Jump Top 18 10 a.m. (Boys followed by Girls)

Eligibility:

Athletes may compete in 3 events, only 2 of which may be individual. Athletes must officially represent their school. NFHS rules regarding uniforms and jewelry will be enforced.

Entry Fees

Individual event \$10 Relay event - \$15

Make checks payable to RITCA

Mail to: John Menna/Treasurer RITCA, 160 Natick Avenue Cranston RI 02921.

No personal checks please. Coaches may pay in advance or bring entry fee to 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 RITCA.COM, Direct Athletics, and wilburracesystems.com websites by January 10, 2012. Please notify the meet director as soon as possible if your athlete withdraws from an individual event.

Results

Meet results will be posted on coolrunning.com, RITCA.COM, Direct Athletics, and wilburracesystems.com.