

# The Roy Wilkins Invitational

Hosted by the Metro Eagles Track Club (718) 528-5855

Saturday May 8, 2010

Roy Wilkins Park (Entrance to the field on Merrick Blvd & Foch Blvd – Jamaica, NY)

Awards to the Top 3 individuals and relays

Coaches Meeting begins at 9:15am

## Order of events – (Tentative)

### Fields events

Shot Put (9 yrs. old & up) \* Long Jump (9 yrs. old & up) \* Triple Jump (13 yrs. old & up)

### Running Events

400m Hurdles (15 years old & up)

200m Hurdles (13/14 years)

1500m Race-walk (9 years old & up)

3000m Run (11 years old & up)

4x100m relay (all divisions)

400m Dash (all divisions)

100m Dash (all divisions)

800m Run (9 years old & up)

110m High Hurdles (Males 13 years old & up)

100m Hurdles (Females 13 years old & up)

200m Dash (all divisions)

1500m Run (9 years old & up)

1600m relay (all divisions)

**\*\*\* All events are Finals on time and Judges Decisions are final\*\*\***

**Refreshments will be available for sale**