

# **Wheatley Pentathlon & Steeplechase Invite**

## **Saturday May 3, 2025 - 8:30 AM**

The Wheatley Track & Field staff cordially invites you and your team to join us on Saturday, May 3rd as we bring back our PENTATHLON and STEEPLECHASE!

### **Meet Information**

1. Registration will take place on NY Milesplit and will close Friday, May 2 at 6:00 PM
2. There is NO limit to the number of individuals or relays entered
3. NYSPHSAA rules on participation will be enforced
4. Each school will be responsible for splitting the cost of the officials for the meet. Billing will be handled through BOCES.
5. The meet entry form reflects an entry fee and not participation fee.

### **Event Information**

- ★ **Pentathlon (Individual)** - Great opportunity to earn a pentathlon seed for the state qualifier.
- ★ **Pentathlon (Team)** - A fun way to motivate athletes in their respective events!
  - Teams consist of 5 different athletes.
  - Entries into each individual event will be done on milesplit.
  - Coaches will turn in a card at the beginning of their meet indicating the team members.
  - At the meet we will compile a list of points each individual scores towards the team total.
  - Results on milesplit will reflect that athlete competing in the individual event (long jump, 1500m, etc.).
- ★ **Sprint Medley Relay** - 400m-200m-200m-800m
  - All heats will run in lanes
- ★ **Steeplechase** - Great way to determine your entries for Counties & State Quals! Plus, an excellent photo op!
- ★ **Discus**
- ★ **200m** - FAT opportunity to improve seeding for counties!

### **Awards**

- ★ Medals to top 3 relay teams in each event (SMR, Team Pent)
- ★ Medals to top 3 in individual events - discus, 200, steeplechases and pentathlon

**Schedule of Events:**

8:15 AM Coach's Meeting

8:30 AM Girls Team Pent HJ, Boys Team Pent LJ, Boys Discus (girls discus to follow)

Boys 110m Hurdles - Individual Pent

Boys 110m Hurdles - Team Pent

Girls 100m Hurdles - Individual Pent

Girls 100m Hurdles - Team Pent

Sprint Medley Relay (400-200-200-800) - Boys

Sprint Medley Relay (400-200-200-800) - Girls

Boys 3000m Steeplechase

Girls 2000m Steeplechase

Boys 200m Dash

Girls 200m dash

1500m - Team Pent Boys

800m - Team Pent Girls

\*boys and girls individual pent 1500m/800m will enter the order of events as needed

**Pent Order of Events:**

<b>Boys Individual Pent</b>	<b>Girls Individual Pent</b>	<b>Boys Team Pent</b>	<b>Girls Team Pent</b>
110 Hurdles	100 Hurdles	110 Hurdles	100 Hurdles
High Jump	Shot Put	Long Jump	High Jump
Shot Put	Long Jump	High Jump	Long Jump
Long Jump	High Jump	Shot Put	Shot Put
1500m	800m	1500m	800m

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**Saturday May 3, 2025**  
**Entry Form**

<b>Name of School</b>	
<b>School Address</b>	
<b>Coach's Name</b>	
<b>Phone Number</b>	

**Entry/Payment Information (circle one)**

Boys team only: \$150

Girls team only: \$150

Blanket Fee for Both: \$275

**OR**

Number of Individual: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_  
*(Steeplechase, Individual Pent)*

Number of Relays \_\_\_\_\_ x \$20 = \_\_\_\_\_  
*(SMR, Shuttle Hurdle, Team Pent)*

**Total** = \_\_\_\_\_

Make Checks Payable to: The Wildcat Athletic Foundation

Mail payment to:

The Wildcat Athletic Foundation  
Attn: Wheatley Steeple & Pent Invite  
11 Bacon Road  
Old Westbury NY 11568

Email Entry for to:

EWSD Athletic Department  
Attn: Coach Paulson  
  
paulsond@ewsdmail.org

Email DJ Paulson at  
Paulsond@ewsdmail.org with any questions