



University of North Carolina Wilmington
Men's and Women's Track & Field/ Cross Country
Donald Thomas, Assistant Coach



Track & Field Office
601 South College Road
Wilmington, NC 28403-5913

(Phone) 910-962-3889
(Fax) 910-962-3608
(E-Mail) thomasd@uncw.edu

UNCW Seahawk HS Invitational

We are excited about hosting the UNCW Seahawk HS Invitational and look forward to your participation!

When: Saturday, March 28, 2020

Where: The New Harold Greene Track & Field Complex, Campus of UNCW

Contact: Donald Thomas at 910-962-3889 or thomasd@uncw.edu

Entry Fee: \$100.00 per team (\$200.00 for boys and girls).
Make checks payable to: UNCW Track & Field.

For Schools not bringing a Full Team, \$25.00 per Athlete.

Entries: ONLY 3 ATHLETES PER EVENT AND 1 RELAY TEAM - PER SCHOOL!

Due Date: Meet Entry Deadline is March 25, 2020 by 6:00 PM. No more entries & changes allowed after the deadline. The Meet Entry will be on NC Mile Split.

Scratches/Declarations: E-Mail by March 26, 2020 between 8:00 AM - 12:00 PM to declare your entries and make scratches. Meet Management will scratch all entries not declared!

Event Scoring:

1st Place – 10 Points
2nd Place – 8 Points
3rd Place – 6 Points
4th Place – 5 Points
5th Place – 4 Points
6th Place – 3 Points
7th Place – 2 Points
8th Place – 1 Point

Awards: Trophies to Team Champions and T-Shirts to all Event Winners.

Qualifying Info: Top eight marks in the Long Jump, Triple Jump, Shot Put and Discus will advance to the finals! In the 100 Meters & 100/110 Hurdles, the eight fastest times will advance to the finals!

COLONIAL ATHLETIC ASSOCIATION CONFERENCE CHAMPIONS
1997 – 1998 – 1999 – 2000 – 2001 – 2002 – 2005 – 2007 – 2008 – 2009 - 2014

UNCW Seahawk HS Invitational
March 28, 2020
Tentative Schedule

Saturday March 28

Field Events

10:00 AM	Long Jump	Boys & Girls (2 pits)
	High Jump	Girls followed by Boys
	Pole Vault	Boys followed by Girls
	Shot Put	Boys followed by Girls
	Discus	Girls followed by Boys

Note: Triple Jump will follow the Long Jump - Girls & Boys (2 pits)

Running Events

10:00 AM	4x800 Relay	Girls
	4x800 Relay	Boys
	100 H Trials	Girls
	110 H Trials	Boys
	100 M Trials	Girls
	100 M Trials	Boys
12:00 PM	100 H Finals	Girls
	110 H Finals	Boys
	100 M Finals	Girls
	100 M Finals	Boys
	4x200 Relay	Girls
	4x200 Relay	Boys
	1600 M	Girls
	1600 M	Boys
	4x100 Relay	Girls
	4x100 Relay	Boys
	400 M	Girls
	400 M	Boys
	300 H	Girls
	300 H	Boys
	800 M	Girls
	800 M	Boys
	200 M	Girls
	200 M	Boys
	3200 M	Girls
	3200 M	Boys
	4x400 Relay	Girls
	4x400 Relay	Boys