

**19th Annual Cicero-North Syracuse Co-Ed Track & Field Invitational  
Cicero-North Syracuse High School**

**Saturday, May 18, 2019  
10:00 AM**

Dear Coach,

Your team is invited to attend the 19th Annual Cicero-North Syracuse Track & Field Invitational being held at the Richard J. Nastasi Track Facility in the Michael J. Bragman Complex at Cicero-North Syracuse High School, site of the **2020 New York State Track & Field Championships**. CNS High School is located on Route 31 just east of Interstate 81 at the Cicero exit, just 15 minutes north of the Thruway.

The meet will offer varsity events for boys AND girls. Full Automatic Timing will be used to time all running events. Results will be computer generated and posted immediately on the scoreboard and inside the stadium at the conclusion of each event.

Due to the number of anticipated entries and in an effort to keep the meet on time, we are using timed finals in the 100m, 200m, 110 HH and 100 HH (USE ACCURATE SEED TIMES).

National Federation rules will govern the meet. An athlete may compete in four (4) events but all must adhere to all New York State regulations. The top finishers in each event will receive medals, 2<sup>nd</sup> – 6<sup>th</sup> place ribbons and team scoring for the teams entered. Awards will be placed in large envelopes in the press box and should be picked up at the end of the meet. Team score ties will be awarded to the team with the most first place finishes.

We look forward to hosting you and your school. If there are any questions or concerns please contact me via e-mail: [gbroton@nscsd.org](mailto:gbroton@nscsd.org)

Sincerely,

Greg Broton  
Meet Director

**19th Annual**  
**Cicero-North Syracuse Co-Ed Track Invitational**  
 Held @ The Richard J. Nastasi Track Facility  
 (Michael J. Bragman Complex)

**SITE OF THE 2020 NYS TRACK & FIELD CHAMPIONSHIPS**

**Saturday, May 18, 2019**

**Order of Events**

**Track Events (Start 10:00 AM)**

110 HH	B	Final
100 HH	G	Final
3000 Steeple	B	Final
2000 Steeple	G	Final
1600	B	Final
1500	G	Final
100	B	Final
100	G	Final
400	B	Final
400	G	Final
800	B	Final
800	G	Final
400 IH	B	Final
400 LH	G	Final
3200	B	Final
3000	G	Final
200	B	Final
200	G	Final
3200 Relay	B	Final
3200 Relay	G	Final
400 Relay	B	Final
400 Relay	G	Final
1600 Relay	B	Final
1600 Relay	G	Final

**Field Events (Start 10:00 AM)**

Pole Vault	B	Final
Pole Vault	G	Follows Boys PV
High Jump	B	Final
High Jump	G	Final
Shot Put	B	Final
Discus	G	Final
Long Jump	B	Final
Long Jump	G	Final
Discus	B	Follows shot put
Shot Put	G	Follows discus
Triple Jump	B	Follows Long Jump
Triple Jump	G	Follows Long Jump

**Starting Heights** (could be lowered based on entries)

High Jump	(Boys - 5' 2") (Girls - 4' 4")
Pole Vault	(Boys - 9' 0") (Girls - 6' 6")

**Field Event Measuring Standards**

(First attempt will be measured)

Long Jump	(Boys - 18') (Girls - 14')
Triple Jump	(Boys - 37') (Girls - 30')
Discus	(Boys - 100') (Girls - 70')
Shot Put	(Boys - 35') (Girls - 24')

**Entry Limits:**

- Two (2) entries per school for each individual event
- One (1) relay team entry per school for each relay event
- Additional entries may be approved in extreme cases by the meet director

## **Entry Process:**

1.) Coaches must notify Coach Broton, via e-mail at [gbroton@nscsd.org](mailto:gbroton@nscsd.org) , of their intent to participate by Friday, May 10, 2019.

2.) All Entries are to be done online via <http://ny.milesplit.com/>

If you do not already have a team account or are unfamiliar with entries, e-mail Chad [chad@leonetiming.com](mailto:chad@leonetiming.com) for instructions.

**Entry Deadline is Thursday, May 16 at 10:00 PM** Coaches are *strongly encouraged* to make any and all changes to their entries before the day of the meet.

**Scratch sheets are to be picked up in front of the concession area upon arrival into the stadium.** Coaches are asked to make scratches on the sheets and then return them to meet officials at the check-in table by 9:45 AM.

**ONLY SCRATCHES WILL BE ALLOWED THE DAY OF THE MEET!**

**Scoring** All events will be scored **10-8-6-4-2-1**

**Results** Results will be immediately posted inside the stadium during the meet. Results will be posted on the Leone Timing website (<http://www.leonetiming.com>).

**Individual Awards** – Medals will be awarded to 1<sup>st</sup> place and ribbons to positions 2 through 6 in all events.

## **Entry Fee**

- \$250 for combined boys and girls team
- \$150 for one team entry (boy OR girl team)
- \$40 per relay if not bringing entire team
- \$10 per individual if not bringing entire team

**Make checks payable to:**

**CNS Track**

**Please send your check or voucher to:**

Greg Broton  
Cicero-North Syracuse High School  
6002 Route 31  
Cicero, NY 13039

**There will be a concession stand operated by the CNS Track Booster Club.**

Any questions should be referred to the Meet Director, Greg Broton  
(Cell: 315-657-4514) E-mail: [gbroton@nscsd.org](mailto:gbroton@nscsd.org)