

**9th Annual CNS Coed Relays**  
**Friday, April 13, 2012**

**Site of the 2012 New York State Track & Field Championships**

**The CNS track facility will be the State site every other year**

**For a 10 year period starting in 2012.**

**Track Event Schedule:** (4:00 PM Start)

B/G	110 HH/100 HH (2-person combined time relay)
B/G	1600m (4-person combined time relay)
B/G	4 x 400 Relay
B/G	4 x 100 Relay
B/G	4 x 800 Relay
B/G	400 IH (2-person combined time relay)
B/G	Sprint Medley Relay (400, 200, 200, 800)

**Field Event Schedule:**

1 <sup>st</sup> Session (4:00 PM Start)	<b><u>Boys</u></b>	<b><u>Girls</u></b>
	Long Jump	Long Jump
	Shot Put	Discus
	High Jump	High Jump
	Pole Vault	Pole Vault

2<sup>nd</sup> Session (To Follow Completion of 1<sup>st</sup> Session Events)

<b><u>Boys</u></b>	<b><u>Girls</u></b>
Triple Jump	Triple Jump
Discus	Shot Put

All field events will be scored as two-person relays, with scoring based upon the combined marks of the competitors.

**Note: Entries are limited to one relay team per event from each school.**

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**Location:** Richard J. Nastasi Track Facility inside of the Michael J. Bragman Athletic Complex at Cicero-North Syracuse High School  
Parking available in front of stadium complex on the west side of CNS High School

**Time:** 3:30 PM - Scratch and change deadline  
4:00 PM - Track events begin, 1<sup>st</sup> session of field events

**Entry Process:**

1.) Coaches must notify Coach Nastasi, via e-mail at [rnastasi@twcny.rr.com](mailto:rnastasi@twcny.rr.com) , their intent to participate by **Friday, March 30th**.

2.) **All entries are to be done online via [www.OnlineEntries.com](http://www.OnlineEntries.com).**

If you do not already have a team account with [OnlineEntries.com](http://OnlineEntries.com), e-mail Pat Leone [pat@leonetiming.com](mailto:pat@leonetiming.com) for instructions.

**Entry Deadline is Wednesday, April 11, 2012 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.

**Scoring:** 10-8-6-4-2-1

**Awards:**

Plaques: 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place boys and girls teams

Medals: 1<sup>st</sup> Place Relay Team in Each Event

Ribbons: 2<sup>nd</sup> – 6<sup>th</sup> Place Teams in Each Event

**Results:** Leone Timing & Results Services will be using FinishLynx Fully Automatic Timing and Hy-Tek's Meet Manager to produce fast, accurate results.

Results will be posted on the Leone Timing website ([www.leonetiming.com](http://www.leonetiming.com)). Also, full results will be sent to [TullyRunners.com](http://TullyRunners.com) and [Armorytrack.com](http://Armorytrack.com). Upon request, Leone Timing will e-mail results to newspapers outside of the Syracuse area.

**Entry Fee:**

\$160 for one team entry

\$290 for combined girls and boys entries from one school

\$60 for one relay team entry (one event only)

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

Make checks payable to:

**CNS Boys Track**

Please send your check or voucher to:

**Richard Nastasi**

**Cicero-North Syracuse High School**

**Northstar Drive**

**Route 31**

**Cicero, NY 13039**

**Facilities:**

The new CNS track facility is unique in that it has the capability of allowing each field event to be run simultaneously. The CNS multi event site will allow co-ed meets to run fast and efficiently. The facility contains four jumping pits along with two discus, shot put, high jump, and pole vault areas.

Other amenities include:

- 8 lane all-weather track (1/4-inch spikes are allowed)
- All areas are lighted for night competition.
- An indoor stadium facility that will be open and available to all spectators and competitors, especially in inclement weather.
- Four restroom facilities located inside the stadium.
- A large concession area located inside the stadium.
- Third-floor press box spotting rooms, with elevator access, will be available for coaches.