

1st Annual
Star-Light Girls Track Invitational
Held @ The Richard J. Nastasi Track Facility
(Michael J. Bragman Complex)

SITE OF THE 2012 NYS TRACK & FIELD CHAMPIONSHIPS
The CNS track facility will be the State Site every other year
Beginning in 2012 through 2022.

Friday, May 18, 2012
Order of Events

Track Events (Start 4:30 PM)

100H Pentathlon	Finals
100 Hurdles	Semis
2000 Steeple	Final
100	Semis
1500	Final
100 Hurdles	Final
100	Final
400	Final
800	Final
200	Semis
400 IH	Final
3000	Final
200	Final
3200 Relay	Final
400 Relay	Final
1600 Relay	Final

Field Events

Pole Vault	Final	4:30 PM
High Jump	Final	4:30 PM
Shot Put	Final	4:30 PM
Long Jump	Final	4:30 PM
Discus	Follows shot put	
Triple Jump	Follows Long Jump	

Starting Heights

High Jump (4' 4")
Pole Vault (7' 0")

Field Event Measuring Standards

Long Jump (14')
Triple Jump (31')
Discus (80')
Shot Put (31')

The CNS track facility is unique in that it has the capability of allowing each field event to be run simultaneously, when needed. This impressive facility is an outstanding site for the New York State Track & Field Championships. For example, both the boys and girls long jump can be held at the same time. The CNS multi-event site allows championship meets to run much smoother and faster.

Facilities 8 Lane All-Weather Track (1/4 inch spikes will be allowed)
2 High Jump, 2 Shot Put, 2 Discus, 2 Pole Vault, & 4 Jumping Pits.
Daktronics Full Matrix Video Board for Live Results Display.

Entry Limits: Two (2) entries per school for each individual event, One (1) Pentathlete,
One (1) relay team entry per school for each relay event

Entry Process:

1.) Coaches must notify Coach Moore, via e-mail at pmoore@nscsd.org , their intent to participate by Thursday, May 3, 2012.

2.) All Entries are to be done online via <http://www.onlineentries.com>
If you do not already have a team account with [OnlineEntries.com](http://www.onlineentries.com), e-mail Pat Leone pat@leonetiming.com for instructions.

Entry Deadline is Wednesday, 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 4:00 PM.

ONLY SCRATCHES WILL BE ALLOWED THE DAY OF THE MEET!

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

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 immediately posted inside the stadium during the meet. Results will be posted on the Leone Timing website (<http://www.leonetiming.com>). Also, full results will be sent to TullyRunners.com and Armorytrack.com.

Full results packets will be available at the conclusion of the meet. Upon request, Leone Timing will e-mail results to newspapers outside of the Syracuse area.

Individual Awards – Medals will be awarded to positions 1 through 6 in all events. There will be a plaque awarded to the top female athlete at the meet.

Team Awards - Top three teams

Entry Fee

- **\$180 for one team entry**
- **\$70 per relay if not bringing entire team**
- **\$40 per individual if not bringing entire team**

**Make checks payable to:
CNS Girls Track**

Please send your check or voucher to:

Pete Moore
Cicero-North Syracuse High School
Northstar Drive
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, Pete Moore
(Cell phone: 315-729-7428) E-mail: pmoore@nscsd.org

SITE OF THE 2012 NYS TRACK & FIELD CHAMPIONSHIPS

**The CNS track facility will be the State Site every other year
beginning 2012 through 2022.**

**1st Annual Star-Light Girls Track & Field Invitational
Cicero-North Syracuse High School**

**Friday, May 18, 2012
4:30 PM**

Dear Coach,

Your team is invited to attend the 1st Annual Cicero-North Syracuse Girls 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 **2012 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 girls. Full Automatic Timing will be used to time all running events. Results will be computer generated and posted immediately inside the stadium at the conclusion of each event.

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 six finishers in each event will receive medals, with team scoring for the boys 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 at 315-729-7428, or via e-mail: pmoore@nscsd.org

Sincerely,

Pete Moore
Meet Director