

**11th Annual
Cicero-North Syracuse 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
for a 10 year period starting in 2012.**

**Saturday, May 22, 2010
Order of Events**

Track Events (Start 10:00 a.m.)

3000 Steeple	Final
110 HH	Semis
100	Semis
1600	Final
110 HH	Final
100	Final
400	Final
1600 m (Novice)	Final
800	Final
200	Semis
400 IH	Final
3200	Final
200	Final
3200 Relay	Final
400 Relay	Final
1600 Relay	Final

Field Events

Pole Vault	Final	10:00 am
High Jump	Final	10:00 am
Shot Put	Final	10:00 am
Long Jump	Final	10:00 am
Discus	Follows shot put	
Triple Jump	Follows Long Jump	

Starting Heights

High Jump (5' 2'')

Pole Vault (9' 0'')

Field Event Measuring Standards

Long Jump (16')

Triple Jump (35')

Discus (100')

Shot Put (38')

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, (except Novice)
One (1) relay team entry per school for each relay event

Entry Process:

1.) Coaches must notify Coach Nastasi, via e-mail at rnastasi@twcny.rr.com , their intent to participate by Friday, May 14, 2010.

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 Thursday, May 20 at 11:00 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 12:30 pm.

ONLY SCRATCHES WILL BE ALLOWED THE DAY OF THE MEET!

Scoring All events will be scored, except the **Novice 1600**
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 trophy awarded to the top male athlete at the meet.

Team Awards - Top three teams

Entry Fee

- **\$150 for one team entry**
- **\$50 per relay if not bringing entire team**
- **\$30 per individual if not bringing entire team**

**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

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

Any questions should be referred to the Meet Director, Richard Nastasi
(Home: 315-676-7896) E-mail: rnastasi@twcny.rr.com

SITE OF THE 2012 NYS TRACK & FIELD CHAMPIONSHIPS

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**11th Annual Cicero-North Syracuse Boys Track & Field Invitational
Cicero-North Syracuse High School**

**Saturday, May 22, 2010
10:00 AM**

Dear Coach,

Your team is invited to attend the 11th Annual Cicero-North Syracuse Boys 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 boys. 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 315-676-7896, or via e-mail: rnastasi@twcnv.rr.com

Sincerely,

Richard Nastasi
Meet Director