

7th Annual CNS Coed Relays
Saturday, April 10, 2010

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: (10:00 am 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	Distance Medley Relay (1200, 400, 800, 1600)
B/G	Sprint Medley Relay (400, 200, 200, 800)

Field Event Schedule:

1 st Session (10:00 AM Start)	<u>Boys</u> Long Jump Shot Put High Jump Pole Vault	<u>Girls</u> Long Jump Discus High Jump
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2nd Session (To Follow Completion of 1st Session Events)

<u>Boys</u> Triple Jump Discus	<u>Girls</u> Triple Jump Shot Put Pole Vault
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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. Therefore, each team is limited to two individual entries in each of the hurdle events and field events, and four entries in the 1600m.

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Date: Saturday, April 10, 2010

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: 9:30 am - Scratch and change deadline
10:00 am - Track events begin, 1st session of field events

Entry Process:

1.) Coaches must notify Coach Nastasi, via e-mail at rnastasi@twcny.rr.com , their intent to participate by **Friday, April 2.**

2.) **All entries are to be done online via www.OnlineEntries.com.**

If you do not already have a team account with OnlineEntries.com, e-mail Pat Leone pat@leonetiming.com for instructions.

Entry Deadline is Friday, April 9 at 5:00 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: 1st, 2nd, & 3rd place boys and girls teams
Medals: 1st Place Relay Team in Each Event
Ribbons: 2nd – 6th 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). Also, full results will be sent to TullyRunners.com and Armorytrack.com. Upon request, Leone Timing will e-mail results to newspapers outside of the Syracuse area.

Entry Fee:

\$130 for one team entry

\$250 for combined girls and boys entries from one school

\$40 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.
- Stadium locker rooms and showers will be available.
- A large concession area located inside the stadium.
- Third-floor press box spotting rooms, with elevator access, will be available for coaches.