



TRACK & FIELD

May 12, 2009

Dear Coach:

The C.N.Y.C.L. National and American Divisions Championship Meet will be held at the Richard J. Nastasi Track Facility in the Michael J. Bragman Complex at Cicero-North Syracuse High School.

Date: Thursday, May 21, 2009
Time: 4:30 p.m.

Each school may enter up to three athletes in each individual event, and only one relay team per event/per school. An individual athlete may not be entered in more than four events. Also, one pentathlon athlete per school (this athlete may not enter any other event).

Please bring at least one responsible adult to work as an official.

Entry Process:

Online registration of entries: Obtain a password from Pat Leone (pat@leonetiming.com). Log on to the Leone Timing Website at www.leonetiming.com and enter your roster if you have not previously done so for the 2009 outdoor track season. Then register those athletes for the C.N.Y.C.L. National or American Championships. You can then review and edit your entries online, with the ability to make additions and deletions anytime until 8:00 p.m. on Wednesday, 20, 2009.

Scoring will be for six places and points awarded on a 10-8-6-4-2-1 basis in all events. Ribbons will also be awarded.

C-NS's 8-lane track is all-weather. International track markings will be used. ¼" pin spikes are allowed.

NOTES:

- CNYCL Championships, the National division will go first in all races and that no division race will be combined.
- We will also run two jumping pits, two shot areas, two high jump areas and two discus areas so that both divisions can complete at the same time. The only exception is that we will run both pole vaults together.
- We will need help from all the coaches in both divisions in moving hurdles & starting blocks.
- There will also be an **admissions charge of \$3.00 per spectator.**

Yours in track and field,

Oscar B. Jensen

ORDER OF EVENTS CNYCL Championships

Thursday, May 21, 2009

4:30 p.m. Start

Site – CNS Track Facility

Jury of Appeals

Coach Jensen

Coach Nastasi

Coach Mays

Pentathlon (order)

110 M	After 3200 relay
H.J.	During Regular H.J.
S.P.	After Regular S.P.
L.J.	After Regular L.J.
1500 M	After 1600 M. Relay

ORDER OF EVENTS

3000 M. Steeplechase	(Final)
3200 M. Relay	(Final)
110 M. H.H.	(Semi's)
100 M. Dash	(Semi's)
1600 M. Run	(Final)
110 M. H.H.	(Final)
100 M. Dash	(Final)
400 M. Dash	(Final)
400 M. I.H.	(Final)
200 M. Dash	(Semi's)
800 M. Run	(Final)
200 M. Dash	(Final)
3200 M. Race	(Final)
1600 M. Relay	(Final)
400 M. Relay	(Final)

Also at 4:30 p.m. – Shot Put / Long Jump / High Jump / Pole Vault

Followed by: Discus / Triple Jump

Long Jump & Triple Jump	4 jumps per athlete
Shot Put & Discus	4 throws per athlete
High Jump & Pole Vault	3 attempts per height

Starting Heights:	Pole Vault	9'
	High Jump	5' 4"