

**Prepare for the Championships at the  
East Syracuse-Minoa Girls Track and Field/  
Boys Specialty Invitational**

*Friday, May 5, 2023*

**4:15pm @ East Syracuse Minoa High School**

**Meet Information**

**ESM will be password protected....1<sup>st</sup> 20 girls teams and 1st 15 boys teams: to email: jgorney18@gmail.com**

1. ¼" spikes allowed in all running/jumping events.
2. Starting blocks will be provided or bring your own.
3. Multiple circles and runways allow for no Pentathlon delays.
4. A quality concession stand will be open.
5. Girls Team scores will be kept. 1<sup>st</sup>, 2nd and 3rd place team trophies. Individual awards given to the top 8 in each event.  
**Boys Individual ribbons will be awarded.**
6. Medals will be awarded for girls varsity event winners including relays.
7. Two girls individual entries per school in each event. 1 relay team per event. **Three individual boys entries per school each event.**
8. Individuals can be entered in a maximum of 3 events. Entries will be on [www.ny.milesplit.com](http://www.ny.milesplit.com). Check there for entry closing date and time. Results will be posted on NY Milesplit and Leone Timing.
9. We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
10. Girls Entry Fee is \$140.00. **\$15.00 for individuals** (schools without full teams). **Boys Entry Fee \$95.00**  
Make check or voucher payable to **ESM Girls Track**, c/o Jim Gorney  
21 Elia Circle, Canastota, NY 13032  
and email your intention to participate by April 25th to  
[jgorney18@gmail.com](mailto:jgorney18@gmail.com)

**Order of Events ESM Boys Specialty Meet/Girls Invitational 4:15 start**

**Boys 3000m Steeplechase**

**Boys 110HH Finals**

Pent High Hurdles

100 High Hurdles Semi

3000 Meter Run

100 High Hurdles Final

4x100 Timed Final

**Boys 4x100**

**Boys 800**

800 Meter Run

100 Meter Dash Semi

400 Meter dash

100 Meter Dash Final

4x800 Relay

JV Sprint Medley Relay (1 team, 8,4,2,2)

**Boys Sprint Medley Relay (400,200,200,800)**

200 Meter Dash

**Boys 400 Hurdles**

400 Low Hurdles Final

2000 Meter Steeplechase

JV 1500 Meter Run (Three Entries Only!!)

1500 Meter Run

4x400 Relay

{Pent 800 inserted when ready}

**Field Events**

**Starts at 4:30 PM**

**Discus: 1st-Boys (upper seeds), 2nd-Boys-(lower seeds) 3rd -Girls (higher seeds) and 4th Girl's(lower seeds) 4 attempts**

**Shot Put Upper Circle: 1st-Boys-(lower seeds), 2nd-Boys (upper seeds), 3rd-Pent Shot**

Shot Put Lower Circle: 1st-Girls-(higher seeds), 2nd-Girls (lower seeds)

**East Pit-Boys Long Jump (higher seeds) and (lower seeds) 4 attempts**

West Pit-Girls Long Jump (higher seeds) and (lower seeds) 4 attempts

**East High Jump-Boys High Jump**

West High Jump-Girls Pent High Jump

**East Pole Vault-Boys PV**

West Pole Vault-Girls PV

**Starts at 5:30 PM**

**East Pit-Boys Triple Jump (higher seeds) and (lower seeds) 4 attempts**

West Pit-Girls Triple Jump (higher seeds) and (lower seeds) 4 attempts

West High Jump-Girls High Jump

## **ES-M Girls Track Invitational Records** {updated 2/19/23}

100 Meter	Rosalie Vincent Bishop Grimes	12.52 2022
200 Meter	Rosalie Vincent Bishop Grimes	26.14 2022
400 Meter	Christina Monroe Proctor	59.23 2008
800 Meter	Carly Benson W Genesee	2:14.57 2016
1500 Meter	Nichole Lister South Jeff	4:45.83 2004
3000 Meter	Laura Leff West Genesee	10:09.9 2011
100 HH	Kierra Arthur Proctor	15.62 2010
400 LH	Allison Stankavage Chittenango	1:06.05 2004
4x100 Relay	Baker, Southwell, Razy, Gallagher RFA	50.32 2010
4x400 Relay	Jordan, Allen, Tomasello, Carnovale B'ville	4:07.23 2012
4x800 Relay	Chewning-Kuiick, Moore, Basla, Aardner L'pool	9:54.33 2016
Steeple	Brooke Rauber Tully	6:59.49 2018
Long Jump	Marissa Baskin Liverpool	17'10.5 2020
Triple Jump	Brooke Blaisdell CNS	38' 1.25 2020
High Jump	Nina Zesky ESM	5'4 2011
Pole Vault	Evelyn Dolce Central Square	12'09 2022
Shot Put	Monica Ridgeway Liverpool	41'07 2006
Discus	Monica Ridgeway Liverpool	122'032006
Pentathlon	Alex Payne J-D	3043 2018