

East Syracuse-Minoa Boys Track and Field Invitational
April 15th, 2010
4:30 PM
East Syracuse-Minoa HS

Contact Person: Mark Carr mcarr@esmschools.org or 434-3300

1. Pin spikes are allowed in all running/jumping events
 2. Starting blocks will be provided
 3. Multiple circles and runways allow for no Pentathlon delays.
 4. **No coach will be asked to work....just watch your kids!**
 5. A quality concession stand will be open.
 6. Team scoring in 2 divisions if necessary....1st and 2nd place team trophies. Individual awards given to the top 6 in each event.
 7. Two individual entries per school in each event, including Pentathlon. 1 relay team per event.
 8. Individuals can be entered in a maximum of 3 events.
 9. Timing will be F.A.T. Entry will be done on www.onlineentries.com
 10. This meet will be double clerked so that the next heat/section will be on the track immediately after the last runner has finished.
 11. We plan on finishing this meet in under 4 hours with no gaps, breaks. Please plan accordingly.
 12. Entry fee is \$120.00. Make check or voucher payable to the ESM Track Club, c/o Mark Carr and send by April 8th with the form below.
 13. **Unique Events-4x800m Steeplechase relay, 4x100m Weightman relay, SMR-9th/10th, SMR, Novice 1600-unlimited entries**
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Send bottom portion and check/voucher to:

Mark Carr
ESM HS
6400 Fremont Rd
East Syracuse, NY 13057

School _____ Coach _____ Email _____

School Phone _____ Home Phone _____

Mailing Address _____

ESM Invitational

4x800m relay

110 HH Pentathlon

110 HH semis

100m semis

1600m (Novice)-unlimited entries NS

1600m

110HH Final

100m Final

400m

4x800m Steeplechase relay-slap hand exchange

SMR Relay- (9th/10th grade only) NS

SMR Relay

800m

400 IH

3200m

200m (Timed Final)

4x100m-Weightman relay NS

4x100m-(Timed Final)

Pentathlon 1500m

4x400m

Long Jump

Triple Jump

Pole Vault

Shot Put

Discus

High Jump