

# East Syracuse-Minoa Girls Track and Field Invitational

May 7, 2010

4:30 P.M. @ East Syracuse-Minoa High School

## Meet Information

1. Pin 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. **No coach will be asked to work the meet.....simply watch your kids.**
5. A quality concession stand will be open.
6. **Team scoring will be in 2 divisions.** 1<sup>st</sup> and 2<sup>nd</sup> place team trophies. Individual awards given to the top 8 in each event.
7. Medals will be awarded for event winners including relays.
8. Two individual entries per school in each event. 1 relay team per event.
9. Individuals can be entered in a maximum of 3 events.
10. Timing will be FAT. Entries will be on [www.onlineentries.com](http://www.onlineentries.com) . Check there for entry closing date. Results will appear on Tullyrunners.com, and Armorytrack.com.
11. This meet will be double clerked so that the next heat/section will be on the track immediately after the last runner has finished.
12. We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
13. Entry Fee is \$120.00. Make check or voucher payable to the ES-M Harriers, c/o Jim Gorney and send by April 30<sup>th</sup> with the form below.

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Send bottom portion and check/voucher to:

Jim Gorney  
21 Elia Circle  
Canastota, NY 13032      [jgorney@esmschools.org](mailto:jgorney@esmschools.org)

School \_\_\_\_\_ Coach \_\_\_\_\_ email \_\_\_\_\_

School phone \_\_\_\_\_ Home phone \_\_\_\_\_

Mailing address \_\_\_\_\_

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## *ES-M Girls Invitational (Friday, May 7th)*

### **Order of Events (starting at 4:30)**

Pent High Hurdles

3000 Meter Run

400 Low Hurdles

4x100 Timed Final (**note change**)

800 Meter Run

100 Meter Dash

400 Meter dash

100 High Hurdle Semi

100 Meter Dash Final

4x800 Relay

JV 200 Meter Dash (Three Entries Only!!)

200 Meter Dash

ready

100 High Hurdle Final

2000 Meter Steeplechase

JV 1500 Meter Run (Three Entries Only!!)

1500 Meter Run

Pent 800 Meter Run

4x400 Relay

### **Field Events:**

Discus (higher seeds) and

Shot Put (lower seeds) 4 attempts

Long Jump (higher seeds) and

Triple Jump (lower seeds) 4 attempts

High Jump and Pole Vault

Discus (lower seeds) and

Shot Put (higher seeds) 4 attempts

Long Jump (lower seeds) and

Triple Jump (higher seeds) 4 attempts

Pentathlon Field Events will start when

## ES-M Girls Track Invitational Records

100 Meter	Erin Daley	Saquoit Valley	12.79	2006
200 Meter	Christina Monroe	Proctor	26.45	2008
400 Meter	Christina Monroe	Proctor	59.23	2008
800 Meter	Leah Andrianos	ESM	2:16.33	2006
1500 Meter	Nichole Lister	So. Jefferson	4:45.83	2004
3000 Meter	Elizabeth McMahon	West Genesee	10:36.55	2007
100 HH	Ana Thornton	CBA	15.60	2006
400 LH	Allison Stankavage	Chittenango	1:06.05	2004
4x100 Relay	Thomas, Wilmer, Bucks, Richardson	CNS	51.29	2004
4x400 Relay	Prendergast, Monroe, Brooks, Heyward	Proctor	4:13.91	2008
4x800 Relay	Homeyer, Barnett, Mazzeo, Van der van	Skan.	10:01.11	2008
2000 Steeple	Kayleigh Wheeless	Westhill	7:09.8	2003
Long Jump	Jennifer Lighthall	Holland Patent	16'08".75	2006
Triple Jump	Heidy Thomas	CNS	36'01.50"	2004
High Jump	Marie Swieta	APW	5'3"	2004
Pole Vault	Paris Mclean	Proctor	10'00	2008
Shot Put	Monica Ridgeway	Liverpool	41'07.25"	2006
Discus	Monica Ridgeway	Liverpool	122'03"	2006
Pentathlon	Heather Stec	Cazenovia	3020	2004