

GOLDEN BEAR INVITATIONAL
FRIDAY MAY 3, 2019 4:00 P.M.
VESTAL DICK HOOVER STADIUM

This is your formal invitation to the 9th annual Golden Bear Invitational.
This is not a relay event but following the order of events listed on the next page.

The track and runways are a rubberized surface allowing 1/4" pin or pyramid spikes.
Field events will begin at 4:00 as well as the Girls 2000 meter steeplechase. There will be a scratch meeting on the infield at 3:30. Enclosed is the order of events and we will be using the FAT system so the meet may run ahead of schedule. Two athletes may be entered in each event and seeding will be done through sydexsports.com. The meet is listed as "Golden Bear Invitational" May 3 and entries are due by Wednesday, May 1 at 7:00 p.m. Remember to send in your entries only once especially if there are separate coaches for the boys and girls team.

The cost is \$125.00 per team (boys or girls) and \$200.00 for the combined team. Boys **or** girls teams of less than 8 individual will be prorated at \$15.00 per individual entered. (not by event)

T-shirts will be awarded to the first and second place individuals in each event with ribbons to 3rd through 6th. Team trophies will be awarded to the top two teams for both boys and girls and well as awards to the outstanding performers on the track and in field events.

Checks or P.O.'s are to be made payable to "**VESTAL FLYERS BOOSTER CLUB**" and can be mailed to Jim Cerra
Vestal High School
205 Woodlawn Drive
Vestal NY 13850

If you have any question, call 607-727-0170 (cell) or email jcerra1@stny.rr.com

Looking forward to seeing you at the Golden Bear Invitational.

Jim Cerra
Head Track and Field Coach

Vestal Golden Bear Invitational

2000 steeple	Final	boys long jump followed by boys triple	pit 1
3000 steeple	Final	girls long jump followed by girls triple	pit 2
400 relay girls	Trial	boys shot followed by girls shot	
400 relay boys	Trial	girls discus followed by boys discus	
3200 relay girls	Final	boys high jump	pit 1
100 hurdles girls	Trial	girls high jump	pit 2
3200 relay boys	Final	girls pole vault followed by boys	
100 meter girls	Trial		
100 meter boys	Trial		
100 hurdles girls	Final		
100 hurdles boys	Trial		
1500 meter girls	Final		
400 meter girls	Final		
110 hurdles boys	Final		
1600 meter boys	Final		
400 meter boys	Final		
100 meter girls	Final		
100 meter boys	Final		
400 hurdles girls	Final		
400 hurdles boys	Final		
200 meter girls	Trial		
200 meter boys	Trial		
800 meter girls	Final		
800 meter boys	Final		
3000 meter girls	Final		
200 meter girls	Final		
200 meter boys	Final		
3200 meter boys	Final		
400 relay girls	Final		
400 relay boys	Final		
1600 relay girls	Final		
1600 relay boys	Final		