

**GOLDEN BEAR INVITATIONAL**  
**SATURDAY MAY 15, 2010**  
**VESTAL DICK HOOVER STADIUM**

This is your formal invitation to the 1<sup>st</sup> Golden Bear Invitational. This is not a relay event but following the order of events listed on the next page. The track and stadium is in its 3<sup>rd</sup> year and is the site of the 2010 **New York State Track and Field** meet.

The track and runways are a rubberized surface allowing 1/4" pin or pyramid spikes. Field events will begin at 10:00 as well as the Girls 2000 meter steeplechase. There will be a scratch meeting on the infield at 9:30. Enclosed is the order of events with a tentative time schedule. We plan on having a 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](http://sydexsports.com). The meet is listed as "Golden Bear Invitational" May 15. Remember to send in the 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)

Medals will be given to the first place individuals with ribbons to 2<sup>nd</sup> through 6<sup>th</sup>. 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.

Please return you intentions below to Jim Cerra by April 17, 2010.

Vestal High School  
205 Woodlawn Drive  
Vestal NY 13850

Or call 607-727-0170 (cell) or email [jcerra1@stny.rr.com](mailto:jcerra1@stny.rr.com)

If you have any question, use the email address or cell number above.

Looking forward to seeing you at the Golden Bear Invitational.

Jim Cerra  
Head Track and Field Coach.

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

Phone number \_\_\_\_\_

(circle)      Boys team only \$125      Girls team only \$125      Combined \$200

**OR**

Number of individuals Boys team (8 or less) \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

Number of individuals Girls team (8 or less) \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

2010

## Vestal Golden Bear Invitational

## Order of Events

APP. TIME		EVENT		
10:00	1	2000 METER STEEPLECHASE	G	FINAL (1 HEAT)
	2	3000 METER STEEPLECHASE	B	FINAL (1 HEAT)
	3	400 METER RELAY	G	SEMI (HEATS)
	4	400 METER RELAY	B	SEMI (HEATS)
11:00	5	3200 METER RELAY	G	FINAL (1 HEAT)
	6	100 METER HIGH HURDLES	G	SEMI (HEATS)
	7	3200 METER RELAY	B	FINAL (1 HEAT)
	8	100 METER DASH	G	SEMI (HEATS)
12:00	9	100 METER DASH	B	SEMI (HEATS)
	10	100 METER HIGH HURDLES	G	FINAL (1 HEAT)
	11	110 METER HIGH HURDLES	B	SEMI (HEATS)
	12	1500 METER RUN	G	FINAL (HEATS TBA)
1:00	13	400 METER DASH	G	FINAL TIMED SECTIONS
	14	110 METER HIGH HURDLES	B	FINAL (1 HEAT)
	15	1600 METER RUN	B	FINAL (HEATS TBA)
	16	400 METER DASH	B	FINAL TIMED SECTIONS
2:00	17	100 METER DASH	G	FINAL (1 HEAT)
	18	100 METER DASH	B	FINAL (1 HEAT)
	19	400 METER INTERMEDIATE HURDLES	G	FINAL TIMED SECTIONS
	20	400 METER INTERMEDIATE HURDLES	B	FINAL TIMED SECTIONS
	21	200 METER DASH	G	SEMI (HEATS)
3:00	22	200 METER DASH	B	SEMI (HEATS)
	23	800 METER RUN	G	FINAL TIMED SECTIONS
	24	800 METER RUN	B	FINAL TIMED SECTIONS
4:00	25	3000 METER RUN	G	FINAL (HEATS TBA)
	26	200 METER DASH	G	FINAL (1 HEAT)
	27	200 METER DASH	B	FINAL (1 HEAT)
	28	3200 METER RUN	B	FINAL (HEATS TBA)
5:00	29	400 METER RELAY	G	FINAL (1 HEAT)
	30	400 METER RELAY	B	FINAL (1 HEAT)
	31	1600 METER RELAY	G	FINAL TIMED SECTIONS
	32	1600 METER RELAY	B	FINAL TIMED SECTIONS

STARTING TIMES ARE APPROXIMATED.

WE WILL BE USING THE FAT SYSTEM AND THE MEET MAY RUN AHEAD OF SCHEDULE.

10:00 BOYS LONG JUMP PIT 1 FOLLOWED BY BOYS TRIPLE JUMP PIT 1

10:00 GIRLS LONG JUMP PIT 2 FOLLOWED BY GIRLS TRIPLE JUMP PIT 2

10:00 BOYS DISCUS FOLLOWED BY GIRLS DISCUS

10:00 GIRLS SHOT FOLLOWED BY BOYS SHOT  
10:00 BOYS POLE VAULT FOLLOWED BY GIRLS POLE VAULT  
10:00 BOYS HIGH JUMP PIT 1 FOLLOWED BY GIRLS HIGH JUMP (IF ONLY 1 PIT)  
10:00 GIRLS HIGH JUMP PIT 2 ( IF 2 PITS ARE IN USE)