

The Liverpool Running Club with the cooperation of the North Syracuse School
District Presents the **'Star-War' Track and Field Meet**

Date: April 24, 2010

Time: 10:00 A.M. First call for shot put, discus throw, long jump, triple jump, pole vault, high jump and pentathlon hurdles. Javelin will be conducted after either discus or shot put is over. Nine athletes will be advanced to finals in SP, DT, LJ, TJ, and the JT

Site: North Syracuse High School
4338 State Route 31
Cicero, NY 13039

Athletes: **This is a girls' only meet**

Facility: The track is an eight lane, all-weather facility with excellent throwing and jumping facilities. Bathroom facilities will be available in the stadium. ¼" spikes will be allowed in both the jumping and running areas. Blocks will be provided. **DO NOT BRING BLOCKS.**

Format: Each school is limited to two entries in each open event and one entry in the relay events. Two entries are allowed in the pentathlon. An athlete may compete in only three events. Do not put any Varsity athletes in the novice events. They are for your non-Varsity athletes only. Violation of this rule means disqualification for that athlete.

Entries: All intention to compete sheets should be sent to meet director, George Ball at the following address:

George Ball
4338 Wetzel Road
Liverpool, NY 13090

Phone: 453-1500-4305 (work)

Please enter your roster of athletes with Pat Leone. Pat's website is
WWW.ONLINEENTRIES.COM

Rules: Federation rules will be followed. Six members of a relay should be listed in case of injury, being listed as an alternate counts as an entry.

Scoring: There will be no team scoring to encourage coaches to enter athletes in a few events to promote excellent performances.

Awards: First, second and third places will receive medals. Places 4-8 will receive ribbons.

Fees: An entry fee of \$85.00 should be sent to the meet director and made payable to:
Liverpool Running Club

Officials: Officials will be hired.

Added Info: There will be an excellent concession stand and T-shirts will be for sale.

Any further questions should be directed to
George Ball
School phone- (315) 453-1500 ext 4305
gball@twcny.rr.com

School Name _____

Coach's name and address

Phone _____

_____ Yes, I will participate in the Liverpool Invitational

Please mail an intention sheet to:

George Ball
Liverpool High School
4338 Wetzel Road
Liverpool New York 13090

PLEASE MAIL THIS INTENTION SHEET WITH VOUCHER OR CHECK FOR
\$85.00 BY THE 20TH OF APRIL.

PLEASE REGISTER FOR THE MEET BY GOING TO THE ONLINE SITE-
Leonetiming.com

ORDER OF EVENTS

- 10:00 SHOT PUT, LONG JUMP (EAST PIT), PENTATHLON HURDLES,
TRIPLE JUMP (WEST PIT), POLE VAULT AND DISCUS THROW.
JAVELIN THROW TO FOLLOW AFTERWARDS. OPEN HIGH JUMP
WILL START AT 10:00 A.M.
- 11:00 4 X 100 SEMIS
3,000 METER RUN
400 LOW HURDLES
4 X 100 RELAY FINALS
800 METER RUN
100 METER DASH TRIALS
400 METER DASH TIMED FINALS
100 METER HIGH HURDLE TRIALS
100 METER SEMIS
4 X 800 METER RELAY
NOVICE 200 METER DASH (TWO ENTRIES ONLY- CAN'T DO VARSITY
EVENTS)
2,000 METER STEEPLECHASE
100 METER HIGH HURDLE SEMIS
100 FINALS
200 METER DASH TIMED FINALS
NOVICE 800 (TWO ENTRIES ONLY- CAN'T DO VARSITY EVENTS)
SPRINT MEDLEY RELAY
4 X 400 METER RELAY
100 METER HIGH HURDLES FINALS
1,500 METER RUN