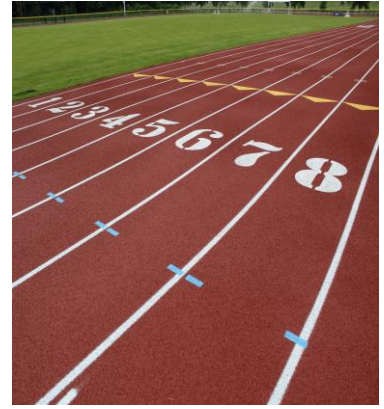




2019 SODUS SPARTAN SHOWDOWN SATURDAY, MAY 4



****New (2017) 8 Lane All-Weather Track w/ live videoboard F.A.T. results****

Starting Time: 2:00pm Track and Field Events

Entry Limits: Three athletes per event

One relay per school

An athlete may compete in a maximum of 3 events

Entry Deadline: **Thursday, May 2 – 8:00pm**. Only scratches will occur on the day of the meet, no substitutions.

Entries will be online. We will be using **Yen Timing Services**. Go to www.yentiming.com to log in and make your entries. New accounts/entry questions? Contact: coachyen@gmail.com

Coaches Meeting: 1:30pm on the infield, near the finish line.

- Athletes in the Pole Vault must bring a copy of their pole vaulting verification form.
- Fully automatic timing (F.A.T.) for all running events.
- All track event sections will be run slow to fast, timed finals.

Spikes: 1/8th inch showing.

SODUS SPARTAN SHOWDOWN – 2019

Order of Events - Girls then Boys.

Track Events

400m Hurdles

4 x 800m Relay

2000m/3000m Steeplechase

100m

400m

1500/1600m

4 x 100m Relay

800m

200m

3000/3200m

100/110m Hurdles

4 x 400m Relay

Co-ed 1500m Racewalk (exhibition)



Field Events

*For both horizontal jumps and both throws – 4 attempts – No finals

*For high jump and pole vault – 3 attempts – No finals

- Boys and Girls Long Jump, then Triple Jump [2 pits]
- Girls Shot, then Boys Shot
- Boys Discus, then Girls Discus
- Girls' Pole Vault (Starting Height 6' 0") then Boys Pole Vault (Starting Height 7' 6")
...Bar goes up 6"
- Boys High Jump (Starting Height 5' 0") then Girls High Jump (Starting Height 4' 0")
...Bar goes up 2"

Awards:

Medals: 1st Place

Ribbons: 2nd, 3rd, 4th, 5th, 6th Places

Team Trophies: 1st Place (Boys and Girls)

Scoring: 10, 8, 6, 4, 2, 1

Plaques: MVP Track (Male/Female) and MVP Field (Male/Female)

Entry Fees: \$150.00 per single gender team, \$250.00 if you are entering both a boys and girls team. Individuals cost \$25.00 per athlete, \$40.00 per relay.

Make checks payable to:
"Sodus Track Club"

*** Send payment to: ***

Sodus Jr./Sr. High School

ATTN: Justin Stenglein

54 Mill St. Ext.

Sodus, NY 14551

Other Information:

- Starting Blocks will be allowed for 100m-400m distances and both hurdle events.
- Concession stand will be open.
- Parking will be on the Sodus CSD campus.
- Official results will be posted on www.sectionvtrack.com
- Invitational t-shirts will be on sale.
- Track is located in front of the High School: 10 Benton Pl, Sodus, NY 14551
- 2018 full results: <http://results.ventiming.com/2018/Outdoor/5-5-18-sodus.htm>

*** Confirm attendance to Coach Justin Stenglein - jstenglein@soduscsc.org ***

SODUS SPARTAN SHOWDOWN MEET RECORDS

GIRLS

TRACK EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
100m Dash	Treanna Blenman	12.74	Greece Odyssey	2018
200m Dash	Masheera Robinson	28.66	Sodus	2018
400m Dash	Aubrianna Delario-Brown	1:01.79	Irondequoit	2018
800m Run	Lexi Peters	2:32.79	Rush-Henrietta	2018
1500m Run	Madeleine Shellard	5:01.55	Irondequoit	2018
3000m Run	Colleen Tytler	11:35.35	Irondequoit	2018
100m Hurdles	Jaclyn Bell	17.23	Bloomfield-Honeoye	2018
400m Hurdles	Caiden Crego	1:09.81	Lyons	2018
2000m Steeple	Elena Ziskind	8:03.98	Webster Thomas	2018
4 x 100m Relay	Erin Noger	52.84	Williamson	2018
	Tyia McCarthy			
	Andrea Hurtado			
	Brooke Bishop			
4 x 400m Relay	Morgan Nicholas	4:15.59	Irondequoit	2018
	Aubrianna Delario-Brown			
	Destiny Sandlin			
	Madeleine Shellard			
4 x 800m Relay	Madeleine Shellard	10:58.62	Irondequoit	2018
	Jocelyn McKnight			
	Eva Schello			
	Emma Palumbo			

FIELD EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
Long Jump	Jayda Singleton	17' 5.50"	Greece Olympia	2018
Triple Jump	Jayda Singleton	36' 6.25"	Greece Olympia	2018
High Jump	Jenna Allen	4' 10"	Sodus	2018
Pole Vault	Sierra Nagy	7' 6"	Bloomfield-Honeoye	2018
Shot Put	Monique Hardy	36' 11.50"	Webster Thomas	2018
Discus Throw	Monique Hardy	97' 10'	Webster Thomas	2018

YEAR	WINNING TEAM	POINTS
2019		
2018	Webster Thomas	84

SODUS SPARTAN SHOWDOWN MEET RECORDS

Boys

TRACK EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
100m Dash	Cascius Facen	11.55	UPrep Rochester	2018
200m Dash	Cascius Facen	23.68	UPrep Rochester	2018
400m Dash	Keyshawn Jones	50.86	UPrep Rochester	2018
800m Run	Grant Stokoe	1:57.37	Homer	2018
1600m Run	Nick Bauman	4:50.32	Irondequoit	2018
3200m Run	Ryan Thompson	9:46.37	Irondequoit	2018
110m Hurdles	Michael Warren	15.56	UPrep Rochester	2018
400m Hurdles	Andrew Wygal	56.46	Webster Thomas	2018
3000m Steeple	Robert Thompson	10:38.30	Irondequoit	
4 x 100m Relay	Fonati Merriam	43.62	UPrep Rochester	2018
	Cascius Facen			
	Keyshawn Jones			
	Alexander Jarvis			
4 x 400m Relay	Keyshawn Jones	3:29.93	UPrep Rochester	2018
	Amir Massey			
	Michael Warren			
	Christian Jefferson-Edwards			
4 x 800m Relay	Anthony Keith	8:52.80	Lyons	2018
	Derrick Tandle			
	Ethan Dietschler			
	Liam Dietschler			

FIELD EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
Long Jump	Fonati Merriam	22' 00.50"	UPrep Rochester	2018
Triple Jump	Fonati Merriam	43' 10.25"	UPrep Rochester	2018
High Jump	Anathany Caruana	5' 11"	Sodus	2018
Pole Vault	Adam Palmer	11' 00"	Greece Olympia	2018
Shot Put	Jamie Baldwin	44' 11.50"	UPrep Rochester	2018
Discus Throw	Jake Verkey	126' 9"	Newark	2018

YEAR	WINNING TEAM	POINTS
2019		
2018	UPrep Rochester	148