

**18TH ANNUAL SOUTH JEFFERSON BOYS TRACK AND FIELD
INVITATIONAL**

PLACE: **(ADAMS CENTER ELEMENTARY SCHOOL) ADAMS CENTER, NEW YORK**

DIRECTIONS: **FROM SYRACUSE AREA AND SOUTH:** TAKE INTERSTATE 81 NORTH TO EXIT 42 (ADAMS CENTER). TAKE RIGHT OFF OF EXIT (ROUTE 177). TAKE ROUTE 177 UNTIL YOU COME TO A LIGHT. GO STRAIGHT THROUGH LIGHT. COME TO FIRST STREET ON RIGHT (**SCHOOL STREET**). MAKE A RIGHT AND THE SCHOOL AND TRACK ARE LOCATED STRAIGHT AHEAD.

FROM UTICA-ROME AREA: TAKE ROUTE 12 OR ROUTE 26 NORTH TO LOWVILLE. TAKE LEFT CONTINUE ON ROUTE 12 TIL YOU COME TO ROUTE 177 WEST. TAKE 177 WEST TO ADAMS CENTER. JUST BEFORE COMING INTO ADAMS CENTER TAKE LEFT ON TO **SCHOOL STREET** (JUST BEFORE THE RUMBLE STRIP ON 177), AND THE SCHOOL AND TRACK ARE LOCATED STRAIGHT AHEAD.

DATE: **MAY 8, 2010**

TIME: **10:00 A.M. SHARP**
 9:30 A.M. ALL SCRATCHES TO PAT LEONE
 9:45 A.M. COACHES MEETING

MEET
DIRECTOR: **JOHN ARCARO**

ENTRY FEE: **\$120.00** CHECK OR VOUCHER MUST BE MADE OUT TO THE **SOUTH JEFFERSON VARSITY CLUB**. IF ANY QUESTIONS PLEASE CONTACT JOHN ARCARO AT (315) 583-5418 (SCHOOL) OR (315) 583-5100 (HOME). YOU CAN CONTACT DIANNA JOHNSON AT (315) 232-2608 (WORK).

AWARDS: ALL MONEY FROM ENTRY FEES WILL BE PUT BACK INTO THE AWARDS FOR THE ATHLETES. **AWARDS:** TEAM CHAMPIONSHIP PLAQUE, RUNNER-UP PLAQUE.

***MEDALS** TO ALL FIRST PLACE FINISHERS AND **RIBBONS** TO 2ND THRU SIXTH PLACE FINISHERS IN EACH EVENT.

FACILITIES: 8 LANE ALL-WEATHER TRACK (1/4: SPIKES ONLY WILL BE ALLOWED ON THE TRACK AND RUNWAYS) ***COACHES ARE ASKED TO REMIND ATHLETES ABOUT THIS RULE. COACHES ARE ALSO ASKED TO KEEP THEIR ATHLETES OFF OF THE TRACK AND INFIELD DURING THE MEET.

REFRESHMENT STAND WILL BE OPERATED BY THE SOUTH JEFFERSON BOOSTER CLUB AND WILL BE OPENED FOR YOUR CONVENIENCE.

SCORING: ALL EVENTS WILL BE SCORED EXCEPT NOVICE MILE.
SCORING: 10-8-6-4-2-1

ENTRIES: ALL ENTRIES ARE TO BE DONE THROUGH PAT LEONE ON LINE VIA <http://www.onlineentries.com>. IF YOU DO NOT HAVE AN ACCOUNT YOU CAN E-MAIL PAT LEONE AT pat@leonetiming.com. FOR INSTRUCTIONS

SCRATCH SHEETS ARE TO BE PICKED UP AT THE FINISH LNE FROM PAT LEONE. COACHES ARE ASKED TO MAKE SCRATCHES ON SHEETS AND THEN RETURN THEM TO PAT LEONE OR MEET OFFICIALS AT FINISH LINE BY 9:30 A.M.

*AN ATHLETE MAY PARTICIPATE IN ANY FOUR EVENTS DURING THE MEET, WHICH INCLUDES RELAYS. ALL STATE AND FEDERATION RULES WILL BE STRICTLY APPLIED DURING THIS MEET.

ENTRY DEADLINE IS THURSDAY MAY 6, 2010 AT 11:00 P.M. COACHES ARE STRONGLY ENCOURAGED TO MAKE ALL CHANGES TO THEIR ENTRIES BEFORE THE DAY OF THE MEET.

ONLY SCRATCHES WILL BE ALLOWED THE DAY OF THE MEET (NO ADD ONS)

*****IN THE LONG JUMP AND TRIPLE JUMP THERE WILL BE AN OPEN PIT OF 1 HOUR AN 30 MINUTES FOR ATHLETES TO COMPETE THEIR JUMPS. EACH ATHLETE WILL HAVE A TOTAL OF FOUR JUMPS IN THE COMPETITION.*****

*****IN THE SHOT PUT AND DISCUS EACH ATHLETE WILL HAVE A TOTAL OF FOUR THROWS IN THE COMPETITION. (THERE IS NO OPEN PIT IN SHOT AND DISCUS)*****

THE SCRATCH RULE IS IN EFFECT FOR THIS MEET. IF AN ATHLETE SCRATCHES OUT OF AN EVENT HE IS DONE FOR THE REMINDER OF THE MEET.

EACH PARTICIPATING SCHOOL MAY ENTER ONLY 3 INDIVIDUALS PER EVENT, AND 1 RELAY TEAM.

******A TEAM MAY PUT UP TO 4 RUNNERS IN THE NOVICE MILE*******

******PLEASE RETURN FIELD VOUCHERS OR CHECKS TO:**

**JOHN ARCARO
SOUTH JEFFERSON CENTRAL SCHOOL
P.O. BOX 10
ADAMS, NEW YORK 13605**

OR

**JOHN ARCARO
13447 NORTH STREET
P.O. BOX 61
ADAMS CENTER, NEW YORK 13606**

PLEASE LET ME KNOW IF YOU WANT TO ATTEND BY MAY 5, 2010 EITHER BY E-MAIL: JARCARO@SPARTANPRIDE.ORG OR JARCARO1@PRODIGY.NET .

YOU CAN ALSO CALL THE SCHOOL @ 315-232-2608

ORDER OF EVENTS FOR THE SOUTH JEFFERSON INVITATIONAL

RUNNING EVENTS

FIELD EVENTS

START: 10:00 A.M.

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110 METER HIGH HURDLES TRIALS

SHOT PUT

100 METER DASH TRAILS

LONG JUMP

DISTANCE MEDLEY RELAY FINAL
(1200M-400M-800M-1600M)

POLE VAULT

110 METER HURDLES SEMI

HIGH JUMP

100 METER DASH SEMI

1600 METER RELAY FINAL

3200 METER RUN FINAL

400 METER DASH FINAL

110 METER HURDLES FINAL

100 METER DASH FINAL

START: 12:30 P.M.

SPRINT MEDLEY RELAY FINAL
(400M-200M-200M-800M)

DISCUS

NOVICE MILE FINAL
(NON-SCORING)

TRIPLE JUMP

200 METER DASH TRIAL

1600 METER RUN FINAL

200 METER DASH SEMI

800 METER RUN FINAL

400 METER HURDLES FINAL

200 METER DASH FINAL

3200 METER RELAY FINAL

400 METER RELAY FINAL

