



St. Lawrence & Section X High School Showcase

*Hosted by St. Lawrence University, Canton, NY
Merrick-Pinkard Track and Field Complex
Saturday, April 29th, 2023*

Meet Directors:

Kate Howard, Head Coach Women's Track & Field	mkhoward@stlawu.edu	315.229.5813
John Newman, Head Coach Men's Track & Field	jnewman@stlawu.edu	315.229.5779
Mark Wilson, NYSPHSAA Section X Coordinator	mark.wilson@slboces.org	315.386.4504

ENTRY PROCESS

Go to www.DirectAthletics.com to submit your team or individual entries.

Schools are permitted THREE (3) entries per individual event and one relay team per school per event.

Each athlete limited to any FOUR (4) events.

ENTRY DEADLINE

Wednesday, April 26 at 9:00 p.m. - recently update

ENTRY FEE

\$20 per individual

\$25 per pentathlon/relay entry

\$150.00 max entry fee for teams (Boys and Girls combined = \$300)

Entry payment will be submitted through DirectAthletics at the time entries are finalized.

ELIGIBILITY

Specific eligibility requirements shall be those established by the State High school Association under which a student regularly competes. However, in no case may an athlete exceed these limits. No athlete may compete who has reached his or her 19th birthday earlier than July 1st of the preceding calendar year. No athlete may compete who has already fulfilled four consecutive seasons of track and field after entry into the ninth grade and prior to graduation.

SCRATCHES AND PACKET PICK-UP

Email John Newman (jnewman@stlawu.edu) if you have known scratches prior to meet day. Meet day scratches shall be reported to the infield tent prior to the start of competition. Packets with competitor's numbers, schedule of events, and relay cards will be available during the Coach's meeting prior to the start of the first event.

CLERKING

Competitors must check in prior to the start of each of their events. They will receive hip numbers for their event. The clerking table will be stationed at the East end of the track and field complex, outside the finish line area.

PERFORMANCE LISTS / HEAT SHEETS / LIVE RESULTS

All lists, heat sheets and live results will be available on LeoneTiming.com.

ORDER OF EVENTS

The order of events is attached and will be updated if necessary, on Friday depending on the number of entries in each event.

TECHNICAL ASPECTS

- All races run as timed final and girls will run first (unless otherwise noted)
- NYSPHSAA Scoring and will be appropriate for the number of actual teams
- Only "A" relays will count in team scoring
- Spikes are limited to ¼" pyramid, no pins or needles
- HJ/PV Opening Heights will be determined after entries are received
- Up to 9 athletes will advance to the finals of the throws and horizontal jumps
- Long Jump, Triple Jump, Shot Put & Discus Throw will be limited to a 15' flight specific warm up
- High Jump and Pole Vault warm up will be limited to 30' per gender

TIMING AND RESULTS

Fully automatic timing will be used in all running events. A system including two Finish Lynx cameras will produce the times and will be integrated with Hy-Tek meet management software to produce the results. Live results will be available on the LeoneTiming.com website. Final results will also be available to coaches and respective sports information offices following competition upon request.

MEET SCORING

For individual and relay events, points are awarded as follows: 10, 8, 6, 5, 4, 3, 2, 1

Note: Pole Vault is non-scoring.

IMPLEMENT CERTIFICATION

All implement inspections will take place from under Leckonby Stadium in the equipment storage room (West end of Stadium) with the use of a Trackmaster Implement Certification Unit. Certification will begin 1½ hours prior and end ½ hour prior to the start of field events. Only meet certified implements may be used during competition. All certified implements will be impounded and made available during the allotted warm-up time.

FACILITIES

Merrick-Pinkard Track & Field Complex and Leckonby Stadium featuring:

1. 400m Beynon 3000 polyurethane track
2. 9-42" lanes on the straight and oval with a 1-degree bank
3. Grass infield and a 1500 seat stadium seating for spectators, coaches and athletes
4. Multi-level artificial lighting
5. Integrated Fairplay Scoreboard with lane, place and time designation
6. Multiple synthetic runways for the following:
 - 2 Long Jump pits, East/West orientation with 165' approaches and 1m take-off boards
 - 2 Triple Jump pits, East/West orientation with a 220' approaches and 28', 36' and 41' take-off boards.
 - 1 High Jump 60' x 120' apron accommodating 2 pits in 4 direction approach options
 - 4 way Pole Vault orientation, N/S/E/W with a 150' approaches
7. Mag finished concrete throwing circles for the following:
 - 2-Shot Put circles, East/West on outside corner of track
 - 1-Discus circle and AAE certified cage, East on infield of track
8. 9-UCS Olympic style blocks will be provided

RECOGNITION

The top eight finishers in each event will be recognized over the public address system following their competition. Additionally, the top finisher in each individual event and the winning relay teams will be recognized with a championship award.

WARM-UP AREAS

Newell Field House will also be available with starting blocks and hurdles if weather or preference requires such use. We are also able to contest the high jump and pole vault indoors if weather conditions are deemed unsafe. A 1-mile cinder trail and 1.5 mile woods loop is also available for distance runners to warm-up (cross country course).

MERCHANDISE SALE

Limited edition commemorative merchandise will be available near the clerking tent. Price and styles TBD.

TEAM TENTS

If using a team tent or canopy, please set up outside of the fenced area around the track. There can be no team tents in Leckonby Stadium or inside the competition areas.

BUS DROP OFF AND PARKING ([interactive campus map](#))

Buses should drop off at the circle between Newell, Merrick-Pinkard Track, North Country Field and the outdoor tennis courts. This is accessed from Park Street by going around the Newell Field House, through “D” Lot and up the hill to the circle. Buses and vans shall park in “D lot” with overflow parking available at the Appleton Arena parking lot.

Restaurants and Lodging

(St. Lawrence Athletics Department Visitor Guide Attached to email)

Visit this website for travel and regional information:

<http://www.stlawu.edu/travel-and-regional-information>

LOCKER ROOMS

Locker rooms are located on the lower level of the Augsbury P.E. Center to the South of the Leckonby Stadium. Towels and Locks are the responsibility of the visiting teams.

INSURANCE

All NYSPHSAA member schools will be covered under the NYSPHSAA/Section X insurance policy for this event. All non-NYSPHSAA member schools will need to provide a certificate of Insurance prior to participation in the event.

EMERGENCY NUMBERS

SLU Security	315-229-5555
Canton-Potsdam Hospital	315-265-3300
Canton Rescue Squad/Village Police	911
Campus Information Service	315-229-7411

WEATHER POLICY

The meet will be conducted on Saturday, April 29, 2023, regardless of weather, unless a decision is reached (based upon severe weather or forecast thereof) to cancel. If the meet is canceled, participating schools will be notified and entry fees refunded. Otherwise, the meet will be held as scheduled and individual schools will have to decide whether or not to send their athletes if the weather proves to be inclement. In the event of rain on the day of the meet, we may consider having the High Jump and/or Pole Vault compete indoors.



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Order of Events

FIELD EVENTS

10:00 AM	Coach's Meeting at the Finish Line Tent (If needed)	
10:30 AM	Boy's Triple Jump Girl's Triple Jump	followed by
10:30 AM	Boy's High Jump Girl's High Jump	followed by
10:30 AM	Girl's Pole Vault Boy's Pole Vault	followed by
10:30 AM	Boy's Discus Girl's Discus	followed by
Follow B Pent LJ	Girl's Long Jump Boy's Long Jump	followed by
Follows Pent SP	Girl's Shot Put Boy's Shot Put	followed by

*A maximum of 15 minutes flight specific warm up for LJ, TJ, DT, & SP.

*A maximum of 30 minutes warm up for HJ and PV.

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TRACK EVENTS

10:00 AM	Coach's Meeting at the Finish Line Tent (If needed)	
10:25	Girl's Pentathlon 100 Hurdles then to Shot Put, High Jump, Long Jump, 800m	
10:35	Boy's Pentathlon 110 Hurdles then to Long Jump, Shot Put, High Jump, 1500m	
10:45	Girl's 2000m Steeplechase	
11:00	Boy's 3000m Steeplechase	
11:15	Girl's 4x100m Relay	
11:20	Boy's 4x100m Relay	
11:25	Girl's 4x800m Relay	
11:40	Boy's 4x800m Relay	
11:55	Boy's 110m High Hurdle	TRIALS
12:05 PM	Girl's 100m High Hurdle	TRIALS
12:10	Girl's 100m Dash	TRIALS
12:18	Boy's 100m Dash	TRIALS
12:25	Girl's 1500m Run	
12:38	Boy's 1600m Run	
12:50	Girl's 400m Dash	
12:55	Boy's 400m Dash	
1:00	Girl's 100m High Hurdle	FINALS
1:05	Boy's 110m High Hurdle	FINALS
1:10	Girl's 100m Dash	FINALS
1:13	Boy's 100m Dash	FINALS
1:16	Girl's 800m Run	
1:28	Boy's 800m Run	
1:40	Girl's 400m Intermediate Hurdles	
1:50	Boy's 400m Intermediate Hurdles	
2:00	Girl's 200m Dash	
2:10	Boy's 200m Dash	
2:20	Girl's 3000m Run	
2:35	Boy's 3200m Run	
2:50	Girl's 4x400m Relay	
2:55	Boy's 4x400m Relay	

*Girls will compete first on the track followed by boys with the exception of the high hurdle trials.