

# Union Springs Track & Field Invitational

Saturday May 14, 2022

Dear Coach:

We would like to invite you to the [Union Springs Track & Field Invitational](#). This meet will take the place of the Groton Invitational. (We alternate years) Our track is a six-lane rubberized surface with an eight-lane straightaway. We will be using the Lynx timing system that has been used for the Groton meet. **A coaches meeting will be held at 9:15, field events will start at 9:45 and running events at 10:00.** Entry fees, payable to [Union Springs Central Schools](#), will be \$200 for boys and girls combined or \$100 for one team.

As with the Groton meet, this will be a non-scoring meet, so the athletes can focus on getting a quality time for the upcoming championship meets. Each team can put in 2 athletes per event and 1 team for the relays. Depending on entries and heat breakdowns, some athletes may not be in seeded races. In order to allow for greater participation, we have included a novice 1500 and 1600, and a Freshman/sophomore Sprint medley relay. We plan on having Plaques for 1<sup>st</sup> place, medals for 2<sup>nd</sup> & 3<sup>rd</sup> and ribbons for places 4<sup>th</sup>-6<sup>th</sup>.

This meet will be pre-seeded using milesplit.

Please email me at [mgaffney@unionspringscsd.org](mailto:mgaffney@unionspringscsd.org) if you plan to attend. Make payments to the Union Springs Central School and send to 239 Cayuga Street, Union Springs, NY 13160.

If you have any questions you can reach me at (315) 406-0388 (C) or (315) 678-2877 (H) or by the above email.

Thanks,

Mark Gaffney

# Union Springs Track & Field Invitational

## Order of events

### Track events, starting at 10:00

4 X 100 Final on Time, G then B

4 X 800, G then B

100h Semi G

110h Semi B

100m semi, G then B

Novice 1500m G

Novice 1600m B

110h Final B

100h Final G

100 Final, G then B

1500m G

1600m B

F/S Sprint Medley Relay, G then B (400, 200, 200, 800)

400m, G then B

200m (Final on Time), G then B

400h, G then B

800m, G then B

3000m G

3200m B

4 X 400, timed final, G then B

### Field Events, Starting at 9:45

Discus, B then G (**3 throws No Final**)

Shot Put, G then B (**3 throws No Final**)

Long Jump, Open Pit, 9:45- 11:45 (**3 jumps No Final**)

Triple Jump, Open Pit, Noon - 2pm (**3 jumps No Final**)

High Jump, G then B

Pole Vault, B then G