

**2019 Elmira City School District  
Waite/Molnar  
Track and Field Invitational  
April 27, 2019**



**If your team will be participating in this invitational,  
please fax the following information to the Elmira  
City School District  
Athletic Office @ 735-3565 ASAP.**

|   |                               |
|---|-------------------------------|
| <b>School Name</b>                        |                               |
| <b>Coach's Name</b>                       |                               |
| <b>Coach's Phone Number</b>               |                               |
| <b>Athletic Director Name</b>             |                               |
| <b>Athletic Director Phone<br/>Number</b> |                               |
| <b>Yes, We will be attending</b>          | <b>No, we will not attend</b> |

**The first sixteen teams to apply  
will be entered into this invitational.**

**Entry Fee of \$250.00 for this invitational is due:  
April 10th, 2019**

**2019 Elmira City School District  
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Track and Field Invitational  
April 27, 2019**

The Track and Field coaching staff are excited to bring the Waite/Molnar Track and Field Invitational. We would like to invite you and your team to join us on Saturday, April 27, 2019. The Waite/Molnar Invitational will be held at Elmira's 8 lane all-weather track located at Ernie Davis Academy. We will be using our F.A.T. System.

We are planning on having a 16-team invitational with 8 place finishers. The first sixteen teams to apply will be entered. There will be a \$250.00 entry fee due April 10th. This includes both boys and girls. If it is just one team (b/g) the fee is \$150.00. Ribbons will be awarded to the top 8 place winners and first place will receive a championship t-shirt.

Entries are limited to 3 per open event & one relay team per event(\*). All submissions or team entries must be in by Wednesday, April 24 at 9:00 pm. No entries will be accepted after 9:00 pm. We are in the process of switching to milesplit.com for entries but we may still be using sydexsports.com to enter your athletes. Throws and jumps will be three throws/jumps - top seven to finals with three more. We will also be running a 2000/3000 steeplechase. Order of events and other finalized information regarding the invitational will be provided by email. Contact either Dave Perkins [Dperkins@elmiracityschools.com](mailto:Dperkins@elmiracityschools.com) or Ben Cardamone [Bcardamo@elmiracityschools.com](mailto:Bcardamo@elmiracityschools.com) if you have questions.

**Please note:**

- 1/8" pyramid spikes are the only spikes allowed on the track
- Concession stand and locker room facilities will be available
- Starting Heights: will be TBA

**Entry Fee of \$250.00 should be received by April 10th 2019**

**Please mail this to:**

**Checks are made to Elmira Cross Country & Track and Field Club**

**933 Hoffman Street**

**Elmira, New York 14905**

**ATT: Ben Cardamone**

| <b>Waite/Molnar INVITATIONAL ORDER</b> |                   |  |   | 3 entries per event    |  |
|--|-------------------|--|---|------------------------|--|
| 11:00AM coaches meeting                |                   |  |   | 1 relay entry per team |  |
| 11:30AM start FIELD/12:00 TRACK        |                   |  |   |                        |  |
| 1                                      | 2000M             | Steeplechase                                   | G | Final                  |  |
| 2                                      | 2000M             | Steeplechase                                   | B | Final                  |  |
| 3                                      | 400M              | Relay  | G | Semi                   |  |
| 4                                      | 400M              | Relay  | B | Semi                   |  |
| 5                                      | 3200M             | Relay  | G | Final                  |  |
| 6                                      | 100 HH            | Hurdles  | G | Semi                   |  |
| 7                                      | 3200M             | Relay  | B | Final                  |  |
| 8                                      | 100M              | Dash   | G | Semi                   |  |
| 9                                      | 100M              | Dash   | B | Semi                   |  |
| 10                                     | 100 HH            | Hurdles  | G | Final                  |  |
| 11                                     | 110 HH            | Hurdles  | B | Semi                   |  |
| 12                                     | 1500M             | Run  | G | Final                  |  |
| 13                                     | 400M              | Dash   | G | Final-Timed            |  |
| 14                                     | 110 HH            | Hurdles  | B | Final                  |  |
| 15                                     | 1600M             | Run  | B | Final                  |  |
| 16                                     | 400M              | Dash   | B | Final-Timed            |  |
| 17                                     | 100M              | Dash   | G | Final                  |  |
| 18                                     | 100M              | Dash   | B | Final                  |  |
| 19                                     | 400MH             | Hurdles  | G | Final-Timed            |  |
| 20                                     | 400MH             | Hurdles  | B | Final-Timed            |  |
| 21                                     | 200M              | Dash   | G | Semi                   |  |
| 22                                     | 200M              | Dash   | B | Semi                   |  |
| 23                                     | 800M              | Run  | G | Final                  |  |
| 24                                     | 800M              | Run  | B | Final                  |  |
| 25                                     | 3000M             | Run  | G | Final                  |  |
| 26                                     | 200M              | Dash   | G | Final                  |  |
| 27                                     | 200M              | Dash   | B | Final                  |  |
| 28                                     | 3200M             | Run  | B | Final                  |  |
| 29                                     | 400M              | Relay  | G | Final                  |  |
| 30                                     | 400M              | Relay  | B | Final                  |  |
| 31                                     | 1600M             | Relay  | G | Final                  |  |
| 32                                     | 1600M             | Relay  | B | Final                  |  |
| 33                                     | Weightmans 400MRE | Relay  | B | Final                  |  |
| 34                                     | Weightmans 400MRE | Relay  | G | Final                  |  |
| Boys Discus                            |                   | <b>8 to finals throws &amp; jumps</b>          |   |                        |  |
| Boys Pole Vault                        |                   | <b>3 throws for Prelim/ 3 throws in finals</b> |   |                        |  |
| Girls ShotPut                          |                   | Starting heights will be determined            |   |                        |  |
| Girls/boys Long jump                   |                   | for HJ, PV the day of the meet                 |   |                        |  |
| Girls High Jump                        |                   | <b>3 jumps for Prelims/ 3 jumps in finals</b>  |   |                        |  |
| <b>Followed By</b>                     |                   |  |   |                        |  |
| Girls/boys Triple Jump                 |                   |  |   |                        |  |
| Girls Discus                           |                   |  |   |                        |  |
| Boys Shot Put                          |                   |  |   |                        |  |
| Girls Pole Vault                       |                   |  |   |                        |  |
| Boys High Jump                         |                   |  |   |                        |  |

# WAITE MOLNAR RECORDS

## Boys Records

| <u>Event</u>           | <u>Athlete Name</u>              | <u>School</u>           | <u>Year</u> | <u>Performance</u> |
|------------------------|----------------------------------|-------------------------|-------------|--------------------|
| <b>3200M</b>           | M.Jones                          | <b>Elmira Southside</b> | <b>1984</b> | 09:21.0            |
| <b>100M</b>            | J. Greven                        | <b>Elmira Southside</b> | <b>1982</b> | 10.7               |
| <b>110MH</b>           | Wynn Curtis                      | <b>Corning</b>          | <b>2013</b> | 14.61 fat          |
| <b>800M</b>            | Brian Crimmins                   | <b>Horseheads</b>       | <b>2012</b> | 1:54.88fat         |
| <b>400M</b>            | B.Sumner                         | <b>McQuaid</b>          | <b>1989</b> | 49.2               |
|                        | Lucas Young                      | <b>Trumansburg</b>      | <b>2011</b> | 49.43fat           |
| <b>400H</b>            | Cedric Forbes                    | <b>Corning</b>          | <b>2010</b> | 56.8               |
| <b>200M</b>            | Lucas Young                      | <b>Trumansburg</b>      | <b>2011</b> | 22.54fat           |
| <b>1600M</b>           | Brian Crimmins                   | <b>Horseheads</b>       | <b>2012</b> | 4:18.46fat         |
| <b>4x100</b>           | Henderson,Miller,Weaver,Oliver   | <b>Elmira Southside</b> | <b>2010</b> | 0.45.0             |
|                        | Chuchville-Chili                 | <b>Chuchville-Chili</b> | <b>1992</b> | 0.45.0             |
| <b>4x800</b>           | McQuaid                          | <b>McQuaid</b>          | <b>1989</b> | 8.14.7             |
| <b>4x400</b>           | Corning                          | <b>Corning</b>          | <b>2010</b> | 3.30.30            |
| <b>SteepleChase 3k</b> | John McCarthy                    | <b>Corning</b>          | <b>2014</b> | 9:54.05 FAT        |
| <b>SteepleChase 2k</b> | Trevor Prutsman                  | <b>Corning</b>          | <b>2017</b> | 7:11.12 FAT        |
| <b>LJ</b>              | Jarred Gambrell                  | <b>Athens</b>           | <b>2011</b> | 22' 7.75"          |
| <b>TJ</b>              | Jarred Gambrell                  | <b>Athens</b>           | <b>2011</b> | 49' 2"             |
| <b>HJ</b>              | A. Zaliaskas                     | <b>Q.E. Ont. Can</b>    | <b>1987</b> | 6'08               |
| <b>Discus</b>          | D. Geem                          | <b>McQuaid</b>          | <b>1981</b> | 154'11             |
| <b>SP</b>              | T. Schaffer                      | <b>Vestal</b>           | <b>1991</b> | 55'02              |
| <b>PV</b>              | David Miller                     | <b>Elmira Southside</b> | <b>2010</b> | 13'08              |
|                        |                                  |                         |             |                    |
|                        |                                  |                         |             |                    |
| <b>Girls Records</b>   |                                  |                         |             |                    |
|                        |                                  |                         |             |                    |
|                        |                                  |                         |             |                    |
| <u>Event</u>           | <u>Athlete</u>                   | <u>School</u>           | <u>Year</u> |                    |
| <b>3000M</b>           | Jessica Lawson                   | <b>Corning</b>          | <b>2017</b> | 10:10.17 FAT       |
| <b>100M</b>            | Lindsey Seymour                  | <b>Elmira Southside</b> | <b>2011</b> | 12.38fat           |
| <b>100MH</b>           | T. Travis                        | <b>EFA</b>              | <b>1982</b> | 15.6               |
| <b>800M</b>            | Maddie Ustanik                   | <b>Corning</b>          | <b>2015</b> | 2:14.68 FAT        |
| <b>400M</b>            | Nicole Leo                       | <b>Binghamton</b>       | <b>2015</b> | 58.68 FAT          |
| <b>400H</b>            | Kathy Cadet                      | <b>Union Endicott</b>   | <b>2012</b> | 1:06.87fat         |
| <b>200M</b>            | Lindsey Seymour                  | <b>Elmira Southside</b> | <b>2011</b> | 25.57fat           |
| <b>1500M</b>           | Jessica Lawson                   | <b>Corning</b>          | <b>2017</b> | 4:34.44 FAT        |
| <b>4x100</b>           | McGee,Brown,Pierson,Seymour      | <b>Elmira Southside</b> | <b>2010</b> | 49.5               |
| <b>4x800</b>           | P.Cooper, Rogus, Ustanik, Butler | <b>Corning</b>          | <b>2015</b> | 9:43.04 FAT        |
| <b>4x400</b>           | McGee,Brown,Pierson,Seymour      | <b>Elmira Southside</b> | <b>2010</b> | 04:09.0            |
| <b>Steeplechase</b>    | Abbey Wheeler                    | <b>Elmira District</b>  | <b>2013</b> | 7:26.21 fat        |
| <b>LJ</b>              | Breana Gambrell                  | <b>Athens, Pa.</b>      | <b>2017</b> | 19' 3.25"          |
| <b>TJ</b>              | K. Peet                          | <b>Vestal</b>           | <b>1992</b> | 36'07.5            |
| <b>HJ</b>              | R. Schmitt                       | <b>Newark</b>           | <b>1983</b> | 5'05               |
| <b>Discus</b>          | C. Sweet                         | <b>Horsheads</b>        | <b>1983</b> | 127'07             |
| <b>SP</b>              | C. Sweet                         | <b>Horsheads</b>        | <b>1983</b> | 43'09              |
| <b>PV</b>              | Christina DiMichelle             | <b>Vestal</b>           | <b>2011</b> | 11' 0"             |